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# DAILY FIT EXERCISE CALENDAR

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**REWARD**

## Win one of our EIM Goodie bags

Scan the QR code and upload a video of you doing the exercises of any particular day of the Daily Fit Calendar.



1 Oct

15 Jumping Jacks  
8 Half Squats

2 Oct

15 Skipping  
8 Crunches

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3 Oct

15 Oblique twists\*  
8 Split Squats\*

4 Oct

15 Mountain Climbers\*  
6 Push Ups

5 Oct

15 High Knees\*  
8 Lunges\*

6 Oct

15 Toe Taps\*  
8 Leg Raises

7 Oct

15 Walk In/Outs  
8 Prone T Raises

8 Oct

15 Ice Skaters\*  
8 Triceps Dips

9 Oct

15 Butt Kicks\*  
8 Good Mornings

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10 Oct

20 Marching  
30s Plank

11 Oct

30 Jumping Jacks  
8 Bent over Y Raise

12 Oct

20 Ice Skaters\*  
10 Russian Twists\*

13 Oct

20 Butt Kicks\*  
10 Half Burpees

14 Oct

15 Skipping  
10 Half Squats

15 Oct

20 Butt Kicks\*  
12 Crunch

16 Oct

30 Jumping Jacks  
12 Glute Bridge

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17 Oct

15 High Knees\*  
12 Lunges\*

18 Oct

15 Toe Taps\*  
10 Leg Raises

19 Oct

15 Walk In/Outs  
12 Prone T Raises

20 Oct

15 Ice Skaters\*  
12 Triceps Dips

21 Oct

15 Skipping  
12 Good Mornings

22 Oct

20 Butt Kicks\*  
12 Calf Raises

23 Oct

20 Oblique twists\*  
12 Split Squats\*

.....

24 Oct

15 Walk In/Outs  
12 Prone T Raises

25 Oct

20 Ice Skaters\*  
12 Triceps Dips

26 Oct

12 Bench Dip  
12 Split Squats\*

27 Oct

20 Marching\*  
45s Plank

28 Oct

15 Skipping  
15 Good Mornings

29 Oct

12 Butt Kicks\*  
12 Prone T Raise

30 Oct

15 Walk In/Outs  
15 Bent over Y Raises

.....

31 Oct

20 Skipping  
6 Diamond Push Up

\* Do the same number of repetitions for both sides



EIMatHKU | 🔍

