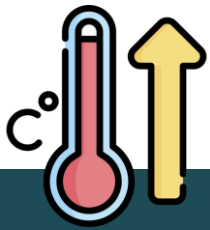


Beat the Heat Strength-Workout Schedule



| | Week 1 July 17 - 23 | Week 2 July 24 - 30 | Week 3 July 31 – Aug. 6 |
|------|--|--|--|
| MON | 8 push-ups 25 crunches 10 squats 15 second plank | 12 push-ups 45 crunches 14 squats 35 second plank | 16 push-ups 60 crunches 20 squats 50 second plank |
| TUES | 8 push-ups 30 crunches 10 squats 20 second plank | 14 push-ups 45 crunches 16 squats 40 second plank | 18 push-ups 65 crunches 20 squats 50 second plank |
| WED | 10 push-ups 30 crunches 12 squats 25 second plank | 14 push-ups 50 crunches 16 squats 40 second plank | 18 push-ups 65 crunches 22 squats 55 second plank |
| THUR | REST | REST | REST |
| FRI | 10 push-ups 35 crunches 12 squats 25 second plank | 16 push-ups 55 crunches 18 squats 45 second plank | 20 push-ups 70 crunches 22 squats 60 second plank |
| SAT | 12 push-ups 40 crunches 14 squats 30 second plank | 16 push-ups 55 crunches 18 squats 45 second plank | 20 push-ups 75 crunches 25 squats 60 second plank |
| SUN | REST | REST | REST |

Regular strength training has been associated with numerous health benefits, such as improved cardiovascular health, better blood sugar control, reduced risk of chronic diseases (e.g., heart disease, type 2 diabetes), and improved mental well-being. It can also help combat age-related muscle loss and maintain independence as you get older.