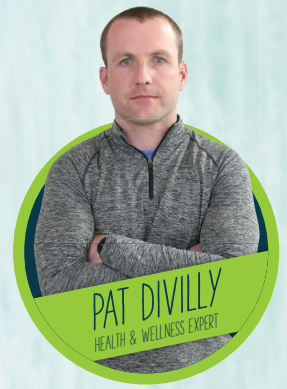


# ACTIVITY PLANNER



Over 21 days we are asking you to partner up with friends, family or colleagues to complete our 'buddy up' workouts 3 days per week. The workouts are all about fun, connection and pushing each other to get 1% better each session!

## WEEK ONE REPEAT MONDAY, WEDNESDAY & FRIDAY

### James Bond:

Do your best James Bond pose with your arms out straight at shoulder height & your hands clasped. Your buddy tries to move left, right, up & down for 40 seconds then switch with partner repeat 5 times.



### Shoulder Raises:

Hands to your sides. Partner places hands on your wrists and tries to push your arms down as you try to lift your arms up and down for 40 seconds then switch with partner repeat 5 times.



### WATER AND VEGGIES!

The goal is 2 handfuls of green veggies or salad and 2 litres of water every day for the 21 days.



1.



Use fresh lemon, lime or mint leaves to flavour your water.

2.



Leave bottles at the office and at the front door as a reminder to get your two litres per day.

3.



Smoothies and juices are a great way of getting more greens. Fill half a plate of salad or veggies once per day.

4.



Allow yourself to have your favourite treat food after you've completed your week.

Keep your buddy on track with some healthy competition! Share meal images every day and the person who stays the most consistent wins and the other has to buy them dinner at the end of the challenge.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week One								

SEE WORKOUT VIDEOS AT [CENTRA.IE/LIVEWELL](https://centra.ie/livewell)

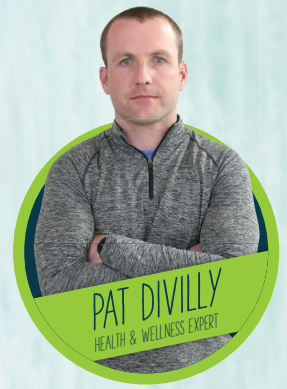
\*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.



**Centra**  
LIVE EVERY DAY



# ACTIVITY PLANNER



Welcome to week two of our buddy workout challenge. Make sure to partner up and push each other to get 1% better each session.

## WEEK TWO

REPEAT MONDAY, WEDNESDAY  
& FRIDAY

### Partner Push Ups:

Both you and your partner go into a push up position facing each other. Do a push up and high five each other diagonally for 40 seconds then repeat 5 times.



### High Knees:

Your partner holds their hands at waist height giving you a target to aim for when running on spot with high knees for 40 seconds then switch with partner repeat 5 times.



### WATER AND VEGGIES!

The goal is 2 handfuls of green veggies or salad and 2 litres of water every day for the 21 days.



1.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week Two								

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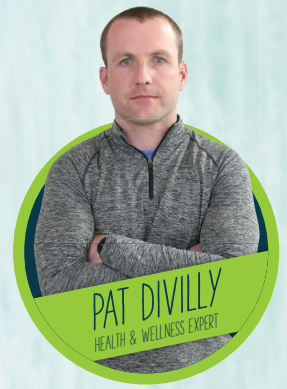
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# ACTIVITY PLANNER



Over the past two weeks we have been asking you to partner up with friends, family or colleagues. So come on, let's give the last week of the 21 day challenge one final push to get 1% better each session.

## WEEK THREE REPEAT MONDAY, WEDNESDAY & FRIDAY

### Knee Tags:

Standing opposite your partner the goal is to get moving and try to tag their knees without them tagging yours. Perform for 45 seconds followed by a 15 second break and repeat 5 times.



### Hand Slaps:

Push up position opposite partner and try to slap/tag their hand without them tagging yours. Perform for 45 seconds on followed by 15 seconds break. Repeat 4 times.



### WATER AND VEGGIES!

The goal is 2 handfuls of green veggies or salad and 2 litres of water every day for the 21 days.

1.



Use fresh lemon, lime or mint leaves to flavour your water.

2.



Leave bottles at the office and at the front door as a reminder to get your two litres per day.

3.



Smoothies and juices are a great way of getting more greens. Fill half a plate of salad or veggies once per day.

4.



Allow yourself to have your favourite treat food after you've completed your week.

Keep your buddy on track with some healthy competition! Share meal images every day and the person who stays the most consistent wins and the other has to buy them dinner at the end of the challenge.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week Three								

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