



# Ashley's Workout of the Month

Start the year off right by doing this simple workout at least once a day.



1 15 Jumping Jacks



2 10 Triceps Dips



3 5 Pushups



4 5 Squats

As you advance into the month you can add more sets.

- 25 Jumping Jacks
- 15 Triceps Dips
- 10 Pushups
- 10 Squats

To progress this workout, you can add weight to your triceps dips and instead of basic squats make them jump squats.

To regress it, perform the pushups on your knees rather than regular.

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**BEGINNING JANUARY 2019**

Chair exercise video will be available at the Wellness Center.

**Iowa Tribe of Oklahoma  
Wellness Center  
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405-547-2402**

**FITNESS MOTIVATION OF THE MONTH**

To enjoy the glow of good health, you must exercise - Gene Tunney