









Residence Hall Workout

Activity	Visual	Beginner	Intermediate	Experienced
Hallway Lunges		6 paces (3 steps/leg)	10 paces	20 paces
Squats		Sets of 3-5	Sets of 5-10	Try with weights or with arms overhead
Push-ups		Sets of 5	Sets of 10	As many as you can
Curls		Sets of 3-5	Sets of 5-10	Try holding one arm at 90° while curling with the other
Planks		Hold as long as you can	30 seconds	1 minute
Burpees		Sets of 5	Sets of 10	As many as you can in 1 minute

