



**Wake Up!!!**

**There is no  
Fitness Fairy!!!**

**6/April 2020**

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## **Wake Up Sleepyhead!**

***Get your day started with this short wakeup session. It will only take you 20 minutes and you will feel better all day long. Add your own exercises if you like, but do the minimum for good health and fitness.***

***Download the Peloton App if you have not done so already, we will use it for this and other sessions. Find the app in your smartphone app store or these links***

**[Apple App Store](#)**

**[Google Play Store](#)**

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## **Wake Me Up**

- 10 min -- go to the Stretching class section on the Peloton app, find the 10 minute **[Full Body Stretch led by Andy Speer](#)**
- 5 min -- do the **[4 Exercises for a Perfect Belly](#)** (doc attached), it's short and easy
- 5 min -- go to the Cardio class section on the Peloton app, find the **[5 minute session led by Alan Toiussaint](#)**
- If you want to do more get a little sweaty and out of breath!

## **TM**

1. We will ramp up our training this week. Check the **[Club Calendar](#)** and watch the website.
2. Make sure your parents check email for Operation FastDuck updates!
3. **[FastDuck Challenge](#)** -- we are LIVE! Get in on the action today!!
4. Follow us on Instagram, Facebook, and Twitter.
5. Send me your ideas.

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