




Overhead Press October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month we are focusing on strengthening our arms by completing reps of overhead presses every day! (See page 2 for how-to's and tips).</p>					Oct 1 10 <input type="checkbox"/> Completed	Oct 2 12 <input type="checkbox"/> Completed
Oct 3 REST	Oct 4 14 <input type="checkbox"/> Completed	Oct 5 16 <input type="checkbox"/> Completed	Oct 6 18 <input type="checkbox"/> Completed	Oct 7 20 <input type="checkbox"/> Completed	Oct 8 22 <input type="checkbox"/> Completed	Oct 9 24 <input type="checkbox"/> Completed
Oct 10 REST	Oct 11 26 <input type="checkbox"/> Completed	Oct 12 28 <input type="checkbox"/> Completed	Oct 13 30 <input type="checkbox"/> Completed	Oct 14 32 <input type="checkbox"/> Completed	Oct 15 34 <input type="checkbox"/> Completed	Oct 16 36 <input type="checkbox"/> Completed
Oct 17 REST	Oct 18 38 <input type="checkbox"/> Completed	Oct 19 40 <input type="checkbox"/> Completed	Oct 20 42 <input type="checkbox"/> Completed	Oct 21 44 <input type="checkbox"/> Completed	Oct 22 46 <input type="checkbox"/> Completed	Oct 23 48 <input type="checkbox"/> Completed
Oct 24 REST	Oct 25 50 <input type="checkbox"/> Completed	Oct 26 52 <input type="checkbox"/> Completed	Oct 27 54 <input type="checkbox"/> Completed	Oct 28 56 <input type="checkbox"/> Completed	Oct 29 58 <input type="checkbox"/> Completed	Oct 30/31 60 <input type="checkbox"/> Completed

The **number** listed = the **number** of **OVERHEAD PRESSES** to complete that day. Check the box when you complete your lunges for the day! Email a picture of yourself with your completed calendar to fitness@soill.org for a chance to win a Target gift card.

Overhead Press October

1. Stand with weights* in your hands and your elbows bent. Your hands should be at shoulder height with your palms facing forward.
2. Slowly push the weights over your head until your arms are straight. Keep your abdominal muscles tight and your back straight.
3. Lower the weights back down to the starting position.

*Start with 2-5lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles instead.



Featuring Special Olympics Global Messenger,
David Godoy

* Need a little extra support to do your presses? Have a seat in a chair with both feet flat on the floor.



Click [here](#) to watch how to complete an overhead press.

At the end of October, email a picture of yourself with your calendar to fitness@soill.org. You could win a Target gift card!