



ADAM JESS
PERFORMANCE

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Fitness Challenges
3 Challenges

01

Fitness Challenges

Day	Exercise 1	Exercise 2	Exercise 3
1	15 Crunches	6 Leg Raises	10 Second Plank
2	20 Crunches	8 Leg Raises	15 Second Plank
3	25 Crunches	10 Leg Raises	20 Second Plank
4	30 Crunches	12 Leg Raises	25 Second Plank
5	35 Crunches	14 Leg Raises	30 Second Plank
6	40 Crunches	16 Leg Raises	35 Second Plank
7	45 Crunches	18 Leg Raises	40 Second Plank
8	50 Crunches	20 Leg Raises	45 Second Plank
9	55 Crunches	22 Leg Raises	50 Second Plank
10	60 Crunches	24 Leg Raises	55 Second Plank
11	65 Crunches	26 Leg Raises	60 Second Plank
12	70 Crunches	28 Leg Raises	65 Second Plank
13	75 Crunches	30 Leg Raises	70 Second Plank
14	80 Crunches	32 Leg Raises	75 Second Plank
15	85 Crunches	34 Leg Raises	80 Second Plank
16	90 Crunches	36 Leg Raises	85 Second Plank
17	95 Crunches	38 Leg Raises	90 Second Plank
18	100 Crunches	40 Leg Raises	95 Second Plank
19	105 Crunches	42 Leg Raises	100 Second Plank
20	110 Crunches	44 Leg Raises	105 Second Plank
21	115 Crunches	46 Leg Raises	110 Second Plank
22	120 Crunches	48 Leg Raises	115 Second Plank
23	125 Crunches	50 Leg Raises	120 Second Plank
24	130 Crunches	52 Leg Raises	125 Second Plank
25	135 Crunches	54 Leg Raises	130 Second Plank
26	140 Crunches	56 Leg Raises	135 Second Plank
27	145 Crunches	58 Leg Raises	140 Second Plank
28	150 Crunches	60 Leg Raises	145 Second Plank
29	155 Crunches	62 Leg Raises	150 Second Plank
30	120 Crunches	64 Leg Raises	155 Second Plank

Total: 2585 Crunches, 1050 Leg Raises , 41.25 Minutes Plank

02

Fitness Challenges

Day	Exercise 1	Exercise 2	Exercise 3
1	5 Knee Push Ups	5 Squats	6 Hot Hands
2	10 Knee Push Ups	10 Squats	8 Hot Hands
3	15 Knee Push Ups	15 Squats	10 Hot Hands
4	20 Knee Push Ups	20 Squats	12 Hot Hands
5	25 Knee Push Ups	25 Squats	14 Hot Hands
6	30 Knee Push Ups	30 Squats	16 Hot Hands
7	35 Knee Push Ups	35 Squats	18 Hot Hands
8	40 Knee Push Ups	40 Squats	20 Hot Hands
9	45 Knee Push Ups	45 Squats	22 Hot Hands
10	50 Knee Push Ups	50 Squats	24 Hot Hands
11	55 Knee Push Ups	55 Squats	26 Hot Hands
12	60 Knee Push Ups	60 Squats	28 Hot Hands
13	65 Knee Push Ups	65 Squats	30 Hot Hands
14	70 Knee Push Ups	70 Squats	32 Hot Hands
15	75 Knee Push Ups	75 Squats	34 Hot Hands
16	80 Knee Push Ups	80 Squats	36 Hot Hands
17	85 Knee Push Ups	85 Squats	38 Hot Hands
18	90 Knee Push Ups	90 Squats	40 Hot Hands
19	95 Knee Push Ups	95 Squats	42 Hot Hands
20	100 Knee Push Ups	100 Squats	44 Hot Hands
21	105 Knee Push Ups	105 Squats	46 Hot Hands
22	110 Knee Push Ups	110 Squats	48 Hot Hands
23	115 Knee Push Ups	115 Squats	50 Hot Hands
24	120 Knee Push Ups	120 Squats	52 Hot Hands
25	125 Knee Push Ups	125 Squats	54 Hot Hands
26	130 Knee Push Ups	130 Squats	56 Hot Hands
27	135 Knee Push Ups	135 Squats	58 Hot Hands
28	140 Knee Push Ups	140 Squats	60 Hot Hands
29	145 Knee Push Ups	145 Squats	62 Hot Hands
30	100 Knee Push Ups	100 Squats	44 Hot Hands

Total: 2275 Knee Push Ups, 2275 Squats, 1030 Hot Hands

03

Fitness Challenges

Day	Exercise 1	Exercise 2	Exercise 3
1	6 Star Jumps	6 Heel Flicks	8 High knees
2	8 Star Jumps	12 Heel Flicks	10 High knees
3	10 Star Jumps	18 Heel Flicks	12 High knees
4	12 Star Jumps	24 Heel Flicks	14 High knees
5	14 Star Jumps	30 Heel Flicks	16 High knees
6	16 Star Jumps	36 Heel Flicks	18 High knees
7	18 Star Jumps	42 Heel Flicks	20 High knees
8	20 Star Jumps	48 Heel Flicks	22 High knees
9	22 Star Jumps	54 Heel Flicks	24 High knees
10	24 Star Jumps	60 Heel Flicks	26 High knees
11	26 Star Jumps	66 Heel Flicks	28 High knees
12	28 Star Jumps	72 Heel Flicks	30 High knees
13	30 Star Jumps	78 Heel Flicks	32 High knees
14	32 Star Jumps	84 Heel Flicks	34 High knees
15	34 Star Jumps	90 Heel Flicks	36 High knees
16	36 Star Jumps	96 Heel Flicks	38 High knees
17	38 Star Jumps	102 Heel Flicks	40 High knees
18	40 Star Jumps	108 Heel Flicks	42 High knees
19	42 Star Jumps	114 Heel Flicks	44 High knees
20	46 Star Jumps	120 Heel Flicks	46 High knees
21	48 Star Jumps	126 Heel Flicks	48 High knees
22	50 Star Jumps	132 Heel Flicks	50 High knees
23	52 Star Jumps	138 Heel Flicks	52 High knees
24	54 Star Jumps	144 Heel Flicks	54 High knees
25	56 Star Jumps	150 Heel Flicks	56 High knees
26	58 Star Jumps	156 Heel Flicks	58 High knees
27	60 Star Jumps	162 Heel Flicks	60 High knees
28	62 Star Jumps	168 Heel Flicks	62 High knees
29	64 Star Jumps	174 Heel Flicks	64 High knees
30	100 Star Jumps	100 Heel Flicks	50 High knees

Total: 1086 Star Jumps, 2710 Heel Flicks, 1094 High Knees