

# Fitness Challenges

Total Challenges: 3

Daily Increases of Repetitions & Time

**Challenge 1:** Crunches, Leg Raises, Plank

**Challenge 2:** Knee Push Ups, Squats, Hot Hands

**Challenge 3:** Star Jumps, Heel Flicks, High Knees

Exercises Can Be Done In Multiple Sets Or In One Set

**Example: 155 Repetitions =**

3 Sets x 51 Reps, 1-3 Minutes Between Sets

4 Sets x 39 Reps, 1-3 Minutes Between Sets

5 Sets x 31 Reps, 1-3 Minutes Between Sets

6 Sets x 25 Reps, 1-3 Minutes Between Sets

7 Sets x 22 Reps, 1-3 Minutes Between Sets

8 Sets x 19 Reps, 1-3 Minutes Between Sets

Day	Challenge 1: Abdominals	Complete
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

Day	Challenge 2: Full Body	Complete
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

Day	Challenge 3: Cardio	Complete
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**