



WEEKLY MOVEMENT CHALLENGES

PLANK CHALLENGE

FOCUS ON YOUR BODY:

Straight line from head to heels.
Squeeze your butt, squeeze your gut.
Elbows under shoulders, hands straight forward, eyes looking between hands.

HOW LONG CAN YOU PLANK?

Regression: Elbows & Knees.

Progression: 3 points of contact -- 2 elbows and a foot -- or 2 feet and an elbow.

01
WEEK

SQUAT CHALLENGE

FOCUS ON YOUR BODY:

Sit back -- push knees out, don't let knees push forward, keep full foot on the ground
Keep eyes forward not down, torso upright
Push knees out, no inward collapse

PERFORM 30 SQUATS EACH MEAL

Regression: Sit to a high box or chair, decrease repetitions

Progression: Sit deeper or turn into a jump squat, increase repetitions

02
WEEK

WALL SIT CHALLENGE

FOCUS ON YOUR BODY:

Sit back -- push knees out, don't let knees push forward, keep full foot on the ground
Keep eyes forward not down, torso upright
Push knees out, no inward collapse

HOW LONG CAN YOU WALL SIT?

Regression: Sit a little higher on the wall.

Progression: Move feet closer together or hold a weighted object.

03
WEEK

PUSH-UP & SQUAT CHALLENGE

PUSH-UPS: To make push-ups easier, elevate your hands. To make them harder, elevate your feet.

SQUATS: For easier, squats, sit to something high. Harder, add a jump.

COUNTDOWN: Start at 12 push-ups, 12 squats. Continue with: 10 push-ups, 10 squats. Keep the pattern going: 8 push-ups, 8 squats, 6 squats, 6 push-ups, 4 push-ups, 4 squats, 2 push-ups, 2 squats

04
WEEK

LEG MATRIX CHALLENGE

SHUFFLE JUMPS: Stagger feet: One foot in front one foot behind. Jump and switch feet in the air.

REVERSE LUNGES: As you step back, drop back knee straight to the ground.

MATRIX: PICK 8, 16 OR 24 REPS

Order: Squat Jumps, Squats, Shuffle Jumps (each leg), Reverse Lunges (total reps)

Pick your reps, finish as fast as you can.

05
WEEK

GUT & BUTT CHALLENGE

ROUND ONE:

30s plank - 30 squats
x4 rounds, alternating exercises
Rest as needed between exercises

ROUND TWO:

30s mountain climbers - 30 hip raises
x4 rounds, alternating exercises
Rest as needed between exercises

06
WEEK