



August 2022

Directions: Pick 3 Challenges to focus on for the month.

Challenge Options:

Walk/Run - Run/walk farther or longer by the end of the month.

Abs - Increase the length of time you can do ab exercises.

Arms - Tone your arms.

Legs - Tone your glutes and quads

Stretch - Stretch more often.

SUN

MON

TUE

WED

THU

FRI

SAT

Week One: August 1 - 6

Walk/Run - Walk/Run 2X this week. See how far you can go in 30 minutes. Record your time and distance.

Abs - Complete 30 Sec of each exercise 3X this week: Bicycle Crunches, Plank, X Sit-Ups, Crunches, Mt. Climbers

Arms - Complete 30 Sec of each exercise 2X this week: Bicep Curls, Tricep Overhead Ext., Shoulder Press, Push-ups

Legs - Complete 30 Sec of each exercise 2X this week: Alt Lunges, Calf Raises, Jump Lunges, Dead Lifts, Jump Squats

Stretch - Complete 5 minutes of stretching 3X this week. (https://www.youtube.com/watch?v=Ef6LwAaB3_E)

Week Two: August 7 - 13

Walk/Run - Walk/Run 2X this week. Go longer and/or farther than last week's run/walks. Record your time and distance.

Abs - Complete 45 Sec of each exercise 3X this week: Bicycle Crunches, Plank, X Sit-Ups, Crunches, Mt. Climbers

Arms - Complete 30 Sec of each exercise 3X this week: Bicep Curls, Tricep Overhead Ext., Shoulder Press, Push-ups

Legs - Complete 30 Sec of each exercise 3X this week: Alt Lunges, Calf Raises, Jump Lunges, Dead Lifts, Jump Squats

Stretch - Complete 10 minutes of stretching 3X this week. (https://www.youtube.com/watch?v=WgzS_rF8ELg)

Week Three: August 14 - 20

Walk/Run - Walk/Run 3X this week. Try to match last weeks time and distance. Record your time and distance.

Abs - Complete 45 Sec of each exercise 4X this week: Bicycle Crunches, Plank, X Sit-Ups, Crunches, Mt. Climbers

Arms - Complete 45 Sec of each exercise 3X this week: Bicep Curls, Tricep Overhead Ext., Shoulder Press, Push-ups

Legs - Complete 45 Sec of each exercise 3X this week: Alt Lunges, Calf Raises, Jump Lunges, Dead Lifts, Jump Squats

Stretch - Complete 15 minutes of stretching 3X this week. (https://www.youtube.com/watch?v=g_tea8ZNk5A)

Week Four: August 21 - 27

Walk/Run - Walk/Run 3X this week. Walk for less timed intervals or run faster and/or farther on each run. Record your time and distance.

Abs - Complete 60 Sec of each exercise 4X this week: Bicycle Crunches, Plank, X Sit-Ups, Crunches, Mt. Climbers

Arms - Complete 60 Sec of each exercise 3X this week: Bicep Curls, Tricep Overhead Ext., Shoulder Press, Push-ups

Legs - Complete 60 Sec of each exercise 3X this week: Alt Lunges, Calf Raises, Jump Lunges, Dead Lifts, Jump Squats

Stretch - Complete 15 minutes of stretching after each workout. (https://www.youtube.com/watch?v=g_tea8ZNk5A)

TEST WEEK: Week Five: August 28 - 31

Walk/Run - Go for one run where you really push yourself. How long and how far can you go...be sure to beat all other times from this week.

Abs - Can you complete 75 seconds of each exercise 1X this week? Bicycle Crunches, Plank, X Sit-Ups, Crunches, Mt. Climbers

Arms - Complete 60 Sec of each exercise 1X this week with heavier weights: Bicep Curls, Tricep OH Ext., Shoulder Press, Push-ups

Legs - Complete 75 Sec of each exercise 1X this week: Alt Lunges, Calf Raises, Jump Lunges, Dead Lifts, Jump Squats

Stretch - Complete this 20 minute Stretch routine. (<https://www.youtube.com/watch?v=kWVSiTwtQ>)