

7-DAY FITNESS CHALLENGE

Not sure where to get started but want to start somewhere? Dedicate just a few minutes a day to challenge yourself. Within a week, you will be well on your way to a new you. Add 5 seconds a day, working your way up to a minute for each exercise.

MONDAY

PLANK X 30 SEC
SQUATS X 30 SEC
PUSH-UPS X 30 SEC

TUESDAY

PLANK X 35 SEC
SQUATS X 35 SEC
PUSH-UPS X 35 SEC

WEDNESDAY

PLANK X 40 SEC
SQUATS X 40 SEC
PUSH-UPS X 40 SEC

THURSDAY

PLANK X 45 SEC
SQUATS X 45 SEC
PUSH-UPS X 45 SEC

FRIDAY

PLANK X 50 SEC
SQUATS X 50 SEC
PUSH-UPS X 50 SEC

THURSDAY

PLANK X 55 SEC
SQUATS X 55 SEC
PUSH-UPS X 55 SEC

FRIDAY

PLANK X 60 SEC
SQUATS X 60 SEC
PUSH-UPS X 60 SEC