

January: Physical

4 week challenge - begin by Mon. January 7th

Goal: increase your physical fitness by following one of the workouts outlined below.

Option 1- workout 6 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3 sets of 8 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +30 sec. plank	3 sets of 10 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +40 sec. plank	3 sets of 12 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +50 sec. plank	3 sets of 15 each <ul style="list-style-type: none"> • Pushups • Jumping jacks • Lunges • Squats • Calf raises +60 sec. plank

Option 2 - workout 3 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<ul style="list-style-type: none"> • 10 pushups • 10 jumping jacks • 10 lunges • 10 squats • 10 calf raises +30 sec. plank	<ul style="list-style-type: none"> • 15 pushups • 15 jumping jacks • 15 lunges • 15 squats • 15 calf raises +30 sec. plank	<ul style="list-style-type: none"> • 20 pushups • 20 jumping jacks • 20 lunges • 20 squats • 20 calf raises +45 sec. plank	<ul style="list-style-type: none"> • 25 pushups • 25 jumping jacks • 25 lunges • 25 squats • 25 calf raises +60 sec. plank