

30 Day Fitness Challenge

June 1- June 30, 2020

Our goal for this challenge is to be active every day!!

How it works:

- ❖ You can participate as a team or an individual.
- ❖ Each day has a set of exercises to do.
- ❖ Receive 1 point if you complete all exercises that day.
- ❖ Receive 2 points if you complete all exercises that day 2 x through.
- ❖ Receive 3 points if you complete all exercises that day 3x through.
- ❖ Add 5 points to any day completed the cardio day.
- ❖ At the end of the week add the number of points of each day together and person who has the most points each week will receive a prize.
- ❖ If you need a challenge to any exercise, then add a stability or bosu ball with it.



Addition to doing the exercises we have added a focus for each week:

Week 1: “Healthy Nutrition”- have 5 servings of fruits and vegetables every day.

Week 2: “De-stress”- meditate every day for 15 minutes and read some.

Week 3: “On your feet and stretch”- stand while working and do stretches standing.

Week 4: “Positive thinking”- write in a journal about your fitness and nutrition journey.

- * To sign-up and to get your challenge calendar of activities, e-mail Mikki Showers at mshowers@carleton.edu
- * If you have any questions, please email Mikki Showers or Jenna at jenna12believe@gmail.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 squats+ press 10 sit ups 10 pushups	2 10 lunges each 10 leg downs 10 crunches 5 burpees	3 30 min + walk or run	4 15 squats 15 reverse lunges ea. 15 push ups 15 sit ups 30 second plank	5 15 lunges+curl ea. 15 jumping jacks 15 superman's 15 bicycles crunch	6 30 min+ walk or run
7 15 side crunches 20 shoulder presses 20 squats with curl 40 mountain climbers	8 45 min + walk or run	9 20 step ups ea. 20 high knees 20 lunges ea. 40 split lunges 40 punches	10 45 min + walk or run	11 20 squats 20 push ups 20 bicep curls 20 tricep dips 20 sit ups	12 45 min+ walk or run	13 1 min balance one leg 20 wide squats 20 calf raises 1 min plank 20- 1 leg dead-lifts
14 20 curtsy lunges 20 squats 30 bicep curl + press 30 sit ups 50 jumping jacks	15 20 push ups 20 deadlifts 20 bent over row 20 reverse lunges 20 forward lunges	16 60 min + walk or run	17 30 toe touches 20 step ups ea. 30 leg downs 1 min plank 30 sec side plank	18 60 min + walk or run	19 60 skaters 15 reverse lunges ea. 30 v sit twists 60 jumping jacks	20 60 min + walk or run

<p>21</p> <p>30 push ups 30 shoulder press 50 high knees 30 tricep dips 30 punches</p>	<p>22</p> <p>60 min + walk or run</p>	<p>23</p> <p>30 side lunges + row 30 wide squats 30 punches 30 reverse crunches 60 skaters</p>	<p>24</p> <p>60 min + walk or run</p>	<p>25</p> <p>40 step ups 40 sit ups 1 min hold arms out 1 min side planks 1 min plank</p>	<p>26</p> <p>60 min + walk or run</p>	<p>27</p> <p>20 deadlifts 1 min V-sit 10 burpees 30 v ups 40 punches 50 high knees</p>
<p>28</p> <p>40 lunges 30 squat curl+press 20 pushups 10 side leg lifts with balance 5 up/down plank ea.</p>	<p>29</p> <p>45 min + walk or run</p>	<p>30 LAST DAY!!!</p> <p>60 Mountain climbers 50 Jumping Jacks 40 skaters 30 squats 20 pushups 10 sit ups 5 burpees</p> <p>12 days of moving outside walking or running =600 minutes cardio completed</p> <p>18 days of total body strength</p> <p>WAY TO GO!!!</p>				