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 2x 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
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<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<th>Thu</th>
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</tbody>
</table>
| 10 squats + press  
10 sit ups  
10 pushups | 10 lunges each  
10 leg downs  
10 crunches  
5 burpees | 30 min + walk or run | 15 squats  
15 reverse lunges ea.  
15 push ups  
15 sit ups  
30 second plank | 15 lunges + curl ea.  
15 jumping jacks  
15 superman’s  
15 bicycles  
15 crunch | 30 min + walk or run |
| 7  | 8   | 9   | 10  | 11  | 12  | 13  |
| 15 side crunches  
20 shoulder presses  
20 squats with curl  
40 mountain climbers | 45 min + walk or run | 20 step ups ea.  
20 high knees  
20 lunges ea.  
40 split lunges  
40 punches | 45 min + walk or run | 20 squats  
20 push ups  
20 bicep curls  
20 tricep dips  
20 sit ups | 45 min + walk or run | 1 min balance one leg  
20 wide squats  
20 calf raises  
1 min plank  
20-1 leg dead-lifts |
| 14 | 15  | 16  | 17  | 18  | 19  | 20  |
| 20 curtsy lunges  
20 squats  
30 bicep curl + press  
30 sit ups  
50 jumping jacks | 20 push ups  
20 deadlifts  
20 bent over row  
20 reverse lunges  
20 forward lunges | 60 min + walk or run | 30 toe touches  
20 step ups ea.  
30 leg downs  
1 min plank  
30 sec side plank | 60 min + walk or run | 60 skaters  
15 reverse lunges ea.  
30 v sit twists  
60 jumping jacks | 60 min + walk or run |
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</tr>
<tr>
<td>30 push ups</td>
<td>60 min + walk or run</td>
<td>30 side lunges + row</td>
<td>60 min + walk or run</td>
<td>40 step ups</td>
<td>60 min + walk or run</td>
<td>20 deadlifts</td>
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<tr>
<td>30 shoulder press</td>
<td></td>
<td>30 wide squats</td>
<td></td>
<td>40 sit ups</td>
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<td>1 min V-sit</td>
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<td>50 high knees</td>
<td></td>
<td>30 punches</td>
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<td>1 min hold arms out</td>
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<td>10 burpees</td>
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<tr>
<td>30 tricep dips</td>
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<td>30 reverse crunches</td>
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<td>1 min side planks</td>
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<td>30 v ups</td>
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<tr>
<td>30 punches</td>
<td></td>
<td>60 skaters</td>
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<td>1 min plank</td>
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<td>40 punches</td>
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<td>50 high knees</td>
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<tbody>
<tr>
<td>40 lunges</td>
<td>45 min + walk or run</td>
<td>LAST DAY!!!</td>
<td></td>
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<tr>
<td>30 squat curl+press</td>
<td></td>
<td>60 Mountain climbers</td>
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<tr>
<td>20 pushups</td>
<td></td>
<td>50 Jumping Jacks</td>
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<tr>
<td>10 side leg lifts</td>
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<td>40 skaters</td>
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<tr>
<td>with balance</td>
<td></td>
<td>30 squats</td>
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<tr>
<td>5 up/down plank ea.</td>
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<td>20 pushups</td>
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<tr>
<td></td>
<td></td>
<td>10 sit ups</td>
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<tr>
<td></td>
<td></td>
<td>5 burpees</td>
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12 days of moving outside walking or running =600 minutes cardio completed

18 days of total body strength

WAY TO GO!!!