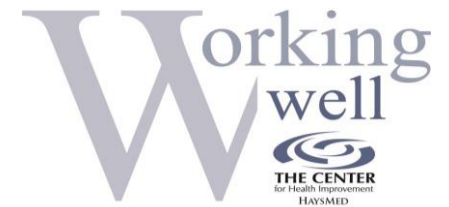


CHALLENGE IDEA for AUGUST

"How to get your employees up and moving during the busy school season"



Back to Fitness

***You will need equipment for * exercises**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Aug. 14 <i>strength</i>	Aug. 15 <i>cardio</i>	Aug. 16 <i>strength</i>	Aug. 17 <i>cardio</i>	Aug. 18 <i>core</i>	Aug. 19 <i>rest</i>	Aug. 20 <i>rest</i>
10 - Push-ups 10 - Shoulder Press* 10 - Bicep Curls* 10 - Overhead Tricep Extensions* 10 - Bent Over Row* X 3 SETS	30min Cardio of Choice	10 - Squats 10 - Bridge Pulses 10(ea.) - Alt. Lunge 10 - Pliee Squats 10 - Glute Kickback X 3 SETS	30min Cardio of Choice	10 - Crunches 10 - Russian Twiss 10 - Leg Lifts 10 - Supermans 30sec. Plank X 3 SETS	Make-up Day**	Make-up Day**
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Aug. 21 <i>strength</i>	Aug. 22 <i>cardio</i>	Aug. 23 <i>strength</i>	Aug. 24 <i>cardio</i>	Aug. 25 <i>core</i>	Aug. 26 <i>rest</i>	Aug. 27 <i>rest</i>
12 - Push-ups 12 - Shoulder Press* 12 - Bicep Curls* 12 - Overhead Tricep Extensions* 12 - Bent Over Row* X 3 SETS	30min Cardio of Choice	12 - Squats 12 - Bridge Pulses 12(ea.) - Alt. Lunge 12 - Pliee Squats 12 - Glute Kickback X 3 SETS	30min Cardio of Choice	12 - Crunches 12 - Russian Twiss 12 - Leg Lifts 12 - Supermans 45sec. Plank X 3 SETS	Make-up Day**	Make-up Day**
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Aug. 28 <i>strength</i>	Aug. 29 <i>cardio</i>	Aug. 30 <i>strength</i>	Aug. 31 <i>cardio</i>	Sept. 1 <i>core</i>	Sept. 2 <i>rest</i>	Sept. 3 <i>rest</i>
15 - Push-ups 15 - Shoulder Press* 15 - Bicep Curls* 15 - Overhead Tricep Extensions* 15 - Bent Over Row* X 3 SETS	45min Cardio of Choice	15 - Squats 15 - Bridge Pulses 15(ea.) - Alt. Lunge 15 - Pliee Squats 15 - Glute Kickback X 3 SETS	45min Cardio of Choice	15 - Crunches 15 - Russian Twiss 15 - Leg Lifts 15 - Supermans 60sec. Plank X 3 SETS	Make-up Day**	Make-up Day**
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Sept. 4 <i>strength</i>	Sept. 5 <i>cardio</i>	Sept. 6 <i>strength</i>	Sept. 7 <i>cardio</i>	Sept. 8 <i>core</i>	Sept. 9 <i>rest</i>	Sept. 10 <i>rest</i>
20 - Push-ups 20 - Shoulder Press* 20 - Bicep Curls* 20 - Overhead Tricep Extensions* 20 - Bent Over Row* X 3 SETS	45min Cardio of Choice	20 - Squats 20 - Bridge Pulses 20(ea.) - Alt. Lunge 20 - Pliee Squats 20 - Glute Kickback X 3 SETS	45min Cardio of Choice	20 - Crunches 20 - Russian Twiss 20 - Leg Lifts 20 - Supermans 75sec. Plank X 3 SETS	Make-up Day**	Make-up Day**

**Make-up days are there if you missed a workout on Monday - Friday.

Must complete 3 out of 5 days per week for the 4 week challenge to be put into a drawing
2 days MUST BE Strength or Core
1 day MUST BE Cardio