

# Bi-Weekly Fitness Challenge

Three different Fitness Challenges to choose from: **ABS** | **Buns and Guns** | **Wellbeats** April 1—14, 2020

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>1 ABS</b> 15 Sit-ups 6 crunches 6 leg raises 20 sec plank	<b>2 ABS</b> 20 Sit-ups 8 crunches 8 leg raises 20 sec plank	<b>3 ABS</b> 25 Sit-ups 10 crunches 10 leg raises 20 sec plank	<b>4 ABS</b> Rest Day	<b>5 ABS</b> 30 Sit-ups 15 crunches 16 leg raises 20 sec plank	<b>6 ABS</b> 36 Sit-ups 20 crunches 20 leg raises 30 sec plank	<b>7 ABS</b> 40 Sit-ups 25 crunches 25 leg raises 30 sec plank
<b>Buns and Guns</b> 10 squats 5 pushups 10 Lunges	<b>Buns and Guns</b> 15 squats 5 pushups 10 Lunges	<b>Buns and Guns</b> 15 squats 7 pushups 10 Lunges	<b>Buns and Guns</b> 20 squats 7 pushups 15 Lunges	<b>Buns and Guns</b> 20 squats 10 pushups 15 Lunges	<b>Buns and Guns</b> 25 squats 10 pushups 20 Lunges	<b>Buns and Guns</b> 25 squats 12 pushups 20 Lunges
<b>Wellbeats COTD:</b> Yoga Basic w/ Kim W (20mins, 4.6 Stars)	<b>Wellbeats COTD:</b> Fusion Basic w/ Erin P (20mins, 4.4 Stars)	<b>Wellbeats COTD:</b> Core Play w/ Tina M (20mins, 4.2 Stars)	<b>Wellbeats COTD:</b> Cooking to Improve Gut Health w/ Marshall O (10mins, 4.6 Stars)	<b>Wellbeats COTD:</b> Block, Punch, Kick w/ Kirk J (35mins, 4.6 Stars)	<b>Wellbeats COTD:</b> TKO Basic w/ Heather C (20mins, 4.7 Stars)	<b>Wellbeats COTD:</b> Cardio Rounds w/ Heather C (20mins, 4.2 Stars)
<b>8 ABS</b> Rest Day	<b>9 ABS</b> 46 Sit-ups 30 crunches 30 leg raises 40 sec plank	<b>10 ABS</b> 50 Sit-ups 50 crunches 30 leg raises 45 sec plank	<b>11 ABS</b> 55 Sit-ups 65 crunches 35 leg raises 45 sec plank	<b>12 ABS</b> Rest Day	<b>13 ABS</b> 60 Sit-ups 75 crunches 40 leg raises 50 sec plank	<b>14 ABS</b> 65 Sit-ups 80 crunches 45 leg raises 55 sec plank
<b>Buns and Guns</b> Rest Day	<b>Buns and Guns</b> 25 squats 12 pushups 20 Lunges	<b>Buns and Guns</b> 30 squats 15 pushups 25 Lunges	<b>Buns and Guns</b> 30 squats 15 pushups 25 Lunges	<b>Buns and Guns</b> 35 squats 17 pushups 30 Lunges	<b>Buns and Guns</b> 35 squats 17 pushups 30 Lunges	<b>Buns and Guns</b> 35 squats 20 pushups 30 Lunges
<b>Wellbeats COTD:</b> Adrenaline w/ Sean L (20mins, 4.7 Stars)	<b>Wellbeats COTD:</b> Burpee Challenge w/ Heather C (35mins, 4.3 Stars)	<b>Wellbeats COTD:</b> Beat Down w/ Kirk J (20mins, 4.7 Stars)	<b>Wellbeats COTD:</b> Cooking with healthy Fats w/ Marshall O (8mins, 4.4 Stars)	<b>Wellbeats COTD:</b> Total Body No Equipment	<b>Wellbeats COTD:</b> Circuit Ladder (18mins, 4.7 Stars)	<b>Wellbeats COTD:</b> HIIT/TABATA (20mins, 4.7 Stars)

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\*Wellbeats COTD = Wellbeats Class of the Day