

Bi-Weekly Fitness Challenge

Three different Fitness Challenges to choose from: **ABS** | **Buns and Gun** | **Week 3 –Week 4**

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
15 ABS 70 Sit-ups 90 crunches 45 leg raises 60 sec plank	16 ABS Rest Day	17 ABS 75 Sit-ups 100 crunches 45 leg raises 65 sec plank	18 ABS 80 Sit-ups 110 crunches 50 leg raises 70 sec plank	19 ABS 85 Sit-ups 120 crunches 50 leg raises 75 sec plank	20 ABS Rest Day	21 ABS 90 Sit-ups 130 crunches 50 leg raises 80 sec plank
Buns and Guns 40 squats 25 pushups 35 Lunges	Buns and Guns Rest Day	Buns and Guns 40 squats 25 pushups 35 Lunges	Buns and Guns 40 squats 27 pushups 35 Lunges	Buns and Guns 45 squats 27 pushups 40 Lunges	Buns and Guns 45 squats 30 pushups 40 Lunges	Buns and Guns 45 squats 30 pushups 40 Lunges
22 ABS 95 Sit-ups 140 crunches 55 leg raises 85 sec plank	23 ABS 100 Sit-ups 150 crunches 60 leg raises 90 sec plank	24 ABS Rest Day	25 ABS 105 Sit-ups 160 crunches 60 leg raises 95 sec plank	26 ABS 110 Sit-ups 170 crunches 60 leg raises 100 sec plank	27 ABS 115 Sit-ups 180 crunches 65 leg raises 110 sec plank	28 ABS Rest Day
Buns and Guns 50 squats 35 pushups 45 Lunges	Buns and Guns 50 squats 35 pushups 45 Lunges	Buns and Guns Rest Day	Buns and Guns 50 squats 37 pushups 45 Lunges	Buns and Guns 55 squats 37 pushups 50 Lunges	Buns and Guns 55 squats 40 pushups 50 Lunges	Buns and Guns 55 squats 40 pushups 50 Lunges

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Three different Fitness Challenges to choose from: **ABS** | **Buns and Gun** | **Week 4 cont...**

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
29 ABS 120 Sit-ups 190 crunches 65 leg raises 115 sec plank	30 ABS 125 Sit-ups 200 crunches 65 leg raises 120 sec plank					
Buns and Guns 60 squats 45 pushups 55 Lunges	Buns and Guns Max Out squats Max Out pushups Max Out Lunges					

Goals:

Accomplishments: