

Bi-Weekly Fitness Challenge

Three different Fitness Challenges to choose from: **ABS** | **Buns and Gun** **Week 1–Week 2**

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
1 ABS 15 Sit-ups 6 crunches 6 leg raises 20 sec plank	2 ABS 20 Sit-ups 8 crunches 8 leg raises 20 sec plank	3 ABS 25 Sit-ups 10 crunches 10 leg raises 20 sec plank	4 ABS Rest Day	5 ABS 30 Sit-ups 15 crunches 16 leg raises 20 sec plank	6 ABS 36 Sit-ups 20 crunches 20 leg raises 30 sec plank	7 ABS 40 Sit-ups 25 crunches 25 leg raises 30 sec plank
Buns and Guns 10 squats 5 pushups 10 Lunges	Buns and Guns 15 squats 5 pushups 10 Lunges	Buns and Guns 15 squats 7 pushups 10 Lunges	Buns and Guns 20 squats 7 pushups 15 Lunges	Buns and Guns 20 squats 10 pushups 15 Lunges	Buns and Guns 25 squats 10 pushups 20 Lunges	Buns and Guns 25 squats 12 pushups 20 Lunges
8 ABS Rest Day	9 ABS 46 Sit-ups 30 crunches 30 leg raises 40 sec plank	10 ABS 50 Sit-ups 50 crunches 30 leg raises 45 sec plank	11 ABS 55 Sit-ups 65 crunches 35 leg raises 45 sec plank	12 ABS Rest Day	13 ABS 60 Sit-ups 75 crunches 40 leg raises 50 sec plank	14 ABS 65 Sit-ups 80 crunches 45 leg raises 55 sec plank
Buns and Guns Rest Day	Buns and Guns 25 squats 12 pushups 20 Lunges	Buns and Guns 30 squats 15 pushups 25 Lunges	Buns and Guns 30 squats 15 pushups 25 Lunges	Buns and Guns 35 squats 17 pushups 30 Lunges	Buns and Guns 35 squats 17 pushups 30 Lunges	Buns and Guns 35 squats 20 pushups 30 Lunges