

Daily Challenge

2020

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| | 1 How long can you hold the plank for? | 2 5 front lunges each leg 5 side lunges each leg 5 reverse lunges each leg | 3 5 burpees 5 squats 5 press ups | 4 How many press ups can you do in 60 seconds? | 5 Do 10 squats every minute for 10 minutes (100 squat challenge) | 6 10 front lunges each leg 10 side lunges each leg 10 reverse lunges each leg |
| 7 7 burpees 7 squats 7 press ups | 8 Hop 100 times on each leg | 9 15 front lunges each leg 15 side lunges each leg 15 reverse lunges each leg | 10 Download a step counter to your phone and do 10,000 steps | 11 10 burpees 10 squats 10 press ups | 12 20 front lunges each leg 20 side lunges each leg 20 reverse lunges each leg | 13 Do 5 press ups every minute for 10 minutes (50 press up challenge) |
| 14 15 burpees 15 squats 15 press ups | 15 How many sit ups can you do in 60 seconds? | 16 How many squat jumps can you do in 60 seconds? | 17 60 seconds of sit ups 60 seconds of press ups 60 second plank | 18 10 squat jumps 10 mountain climbers 10 spider man press up | 19 20 burpees 20 squats 20 press ups | 20 60 second wall sit 60 second side plank on each side |
| 21 Do 10 burpees every minute for 10 minutes (100 burpee challenge) | 22 How long can you hold a wall sit for? | 23 15 squat jumps 15 mountain climbers 15 spider man press up | 24 10 squat jumps every minute for 10 minutes (100 squat jumper challenge) | 25 How long can you stand on one leg? Try each leg | 26 25 burpees 25 squat 25 press ups | 27 20 squat jumps 20 mountain climbers 20 spider man press up |
| 28 How many mountain climbers can you do in 60 seconds? | 29 How many burpees can you do in 60 seconds? | 30 30 burpees 30 squats 30 press ups | | | | |