

NEW YEAR FITNESS CHALLENGE

WEEK 2

Day	Date Jan	Plank (secs) B/I/A	Wall sit (secs) B/I/A	Sit ups (secs) B/I/A	Jumping Jacks (reps) B/I/A	Push ups (reps) B/I/A	Squats (reps) B/I/A	Steps (optional!) B/I/A	Complete Tick as you go	
8	11th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
9	12th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
10	13th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
11	14th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
12	15th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
13	16th	35/45/55	35/45/55	20/25/30	35/55/75	5/10/15	30/35/40	6k/8k/10k		
14	17th	REST DAY								