

NEW YEAR FITNESS CHALLENGE

WEEK 3

Day	Date	Plank (secs)	Wall sit (secs)	Sit ups (secs)	Jumping Jacks (reps)	Push ups (reps)	Squats (reps)	Steps (optional!)	Complete	
	Jan	B/I/A	B/I/A	B/I/A	B/I/A	B/I/A	B/I/A	B/I/A	Tick as you go	
15	18th	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
16	19th	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
17	20th	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
18	21st	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
19	22nd	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
20	23rd	40/50/60	40/50/60	25/30/35	45/65/85	10/15/20	40/45/50	6k/8k/10k		
21	24th	REST DAY								