

NEW YEAR FITNESS CHALLENGE

WEEK 4

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	
22	25th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
23	26th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
24	27th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
25	28th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
26	29th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
27	30th	50/60/70	50/60/70	30/35/40	50/70/90	15/20/25	45/50/55	6k/8k/10k		
28	31st	MISSION COMPLETE - CONGRATULATIONS - REST DAY								