

# NEW YEAR FITNESS CHALLENGE

## WEEK 1

For each exercise, you can choose whether to take the **B (beginner)**, **I (intermediate)**, or **A (advanced)** option. It's fine to mix this up as you go through the month.

Day	Date	Plank (secs)	Wall sit (secs)	Sit ups (secs)	Jumping Jacks (reps)	Push ups (reps)	Squats (reps)	Steps	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	
1	4th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k	✓	
2	5th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k		
3	6th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k		
4	7th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k		
5	8th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k		
6	9th	30/40/50	30/40/50	15/20/25	25/45/65	3/8/12	25/30/35	6k/8k/10k		
7	10th	REST DAY								