

January Monthly Challenge 2021

SUNDAY WORK-OUT 30 TIMER	MONDAY REST 10 TIMER	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1	SATURDAY 2
3	4	5	6	7	8	9
10	11	12 SQUATS 	13 TRICEP DIPS 	14 CRUNCHES 	15 BURPEES 	16 SQUAT JUMPS 
17 REST	18 PUSH-UPS 	19 MOUNTAIN CLIMBERS 	20 HOVER 	21 SQUATS 	22 TRICEP DIPS 	23 CRUNCHES 
24 REST	25 BURPEES 	26 SQUAT JUMPS 	27 PUSH-UPS 	28 MOUNTAIN CLIMBERS 	29 HOVER 	

DIRECTIONS: DO 2 SETS OF EACH EXERCISE WITH A 10 SECOND REST

1 MINUTE FOR EACH EXERCISE- RECORD SCORES	DATE
1 SET 20 SECOND REST	
FIT TEST #1	SCORES
SQUATS	
TRICEP DIPS (ON CHAIR OR FLOOR)	
CRUNCHES	
BURPEES (ADD PUSH-UP IF YOU WANT TO ADD INTENSITY)	
SQUAT JUMPS	
PUSH UPS (ON KNEES OR TOES)	
MOUNTAIN CLIMBERS	
HOVER (ON ELBOWS)	YES OR NO

FIT TEST ASSIGNMENT TURNED IN DAY OF TEST.

IF YOU ARE ABSENT YOU MUST COMPLETE THE TEST AND TURN IN LOG THE SAME WEEK THE TEST WAS DONE. YOU CAN EITHER DO IT WITH THE YOUR OWN TIMER 1 minute WITH 20 second REST OR DO IT WITH THE

SLIDES

PUT IN PRESENT MODE TO PLAY VIDEO WITH TIMER



SQUATS



TRICEP DIPS



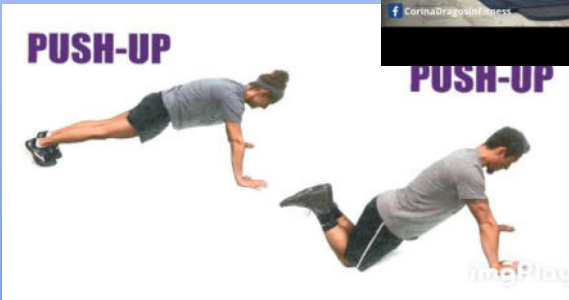
CRUNCHES



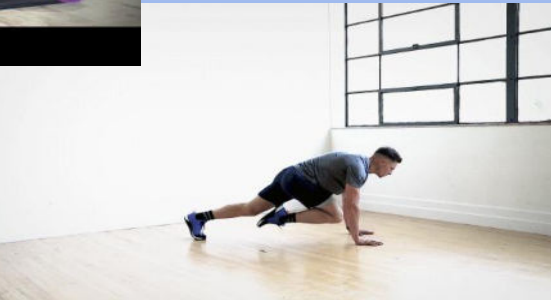
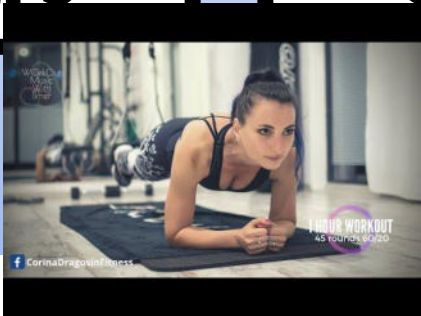
BURPEES



SQUAT JUMPS



PUSH UPS



MOUNTAIN CLIMBERS



HOVER