



Assignments for March 1st - April 30th

\*Use STRENGTH Fitness Log for Assignments.

# 30 days of **STRENGTH**

strength & tone

BODYWEIGHT TRAINING

# 30 days of STRENGTH

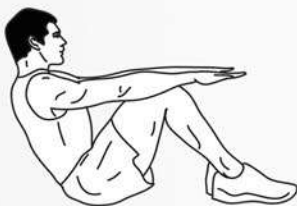
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Day 2

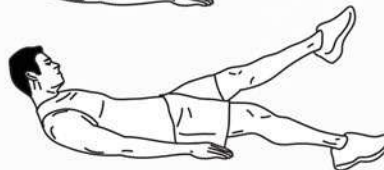
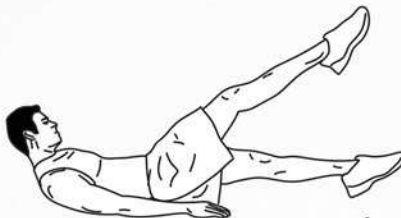
Abs, Back & Biceps

## Part I Abs

LEVEL I 8 reps   LEVEL II 10 reps   LEVEL III 12 reps  
3 sets - all levels   |   2 minutes rest between sets



sit-ups



flutter kicks



leg raises

For the ABs portion, when writing in the Fitness Log, write down what level you did, the start time and the end time of your workout and how long it took. Your challenge is to better your workout time by decreasing time.

Example:

Level: 1

Start Time: 8: 45 AM

End Time: 9:01 AM

Total Time: 16 Minutes.

# 30 days of STRENGTH

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Day 3

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

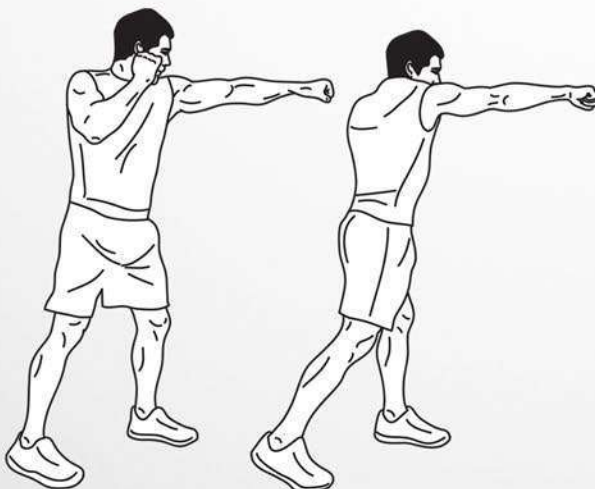
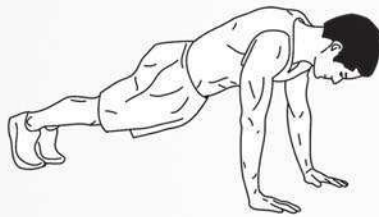
LEVEL III 7 sets

1 push-up

2 push-ups

3 push-ups

2 minutes rest between sets



X push-ups

20 punches

X push-ups

20 punches

X push-ups

20 punches

X push-ups

20 punches

rest

# 30 days of STRENGTH

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Day 6

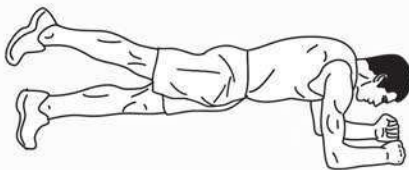
Abs & Upperbody

## Part I Abs

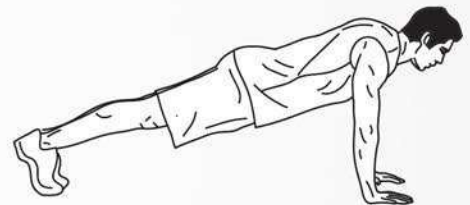
LEVEL I 20sec LEVEL II 30sec LEVEL III 40sec each  
3 sets - all levels | 2 minutes rest between sets  
1/2 time each leg during raised leg elbow plank



elbow plank



raised leg elbow plank



plank

For the ABs portion, when writing in the Fitness Log, write down what level you did, the start time and the end time of your workout and how long it took. Your challenge is to better your workout time by decreasing time.

Example:

Level: 1

Start Time: 8: 45 AM

End Time: 9:01 AM

Total Time: 16 Minutes.

# 30 days of STRENGTH

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Day 9 Legs

LEVEL I 3 sets

LEVEL II 5 sets

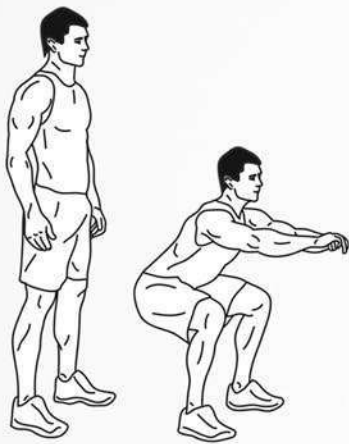
LEVEL III 7 sets

12 reps each

18 reps each

22 reps each

2 minutes rest between sets



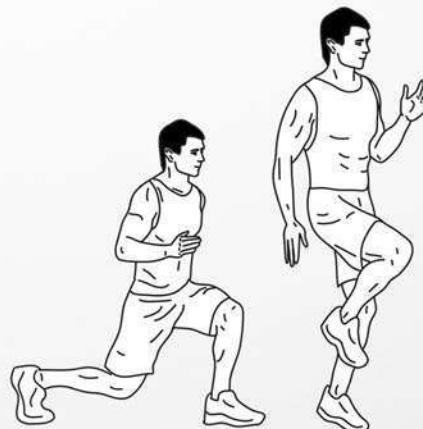
squats



lunges



squats



lunge step-ups



# 30 days of STRENGTH

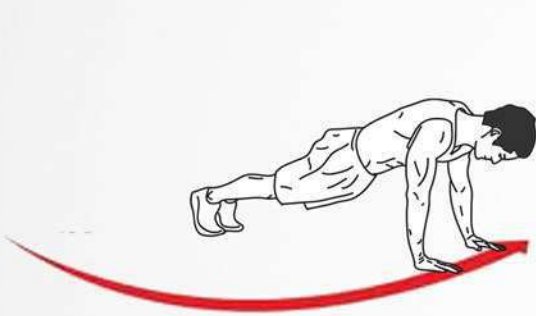
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Day 14

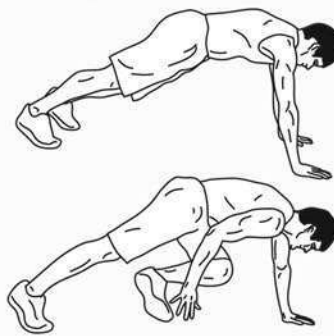
Abs & Upperbody

## Part I Abs

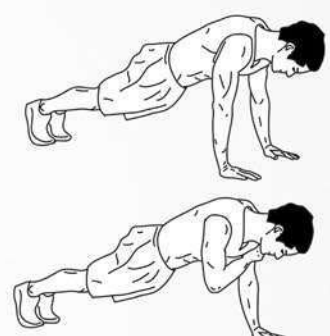
LEVEL I 4 reps LEVEL II 8 reps LEVEL III 10 reps  
5 sets - all levels | 2 minutes rest between sets



moving plank (90 degrees)



climber taps



shoulder taps

For the ABs portion, when writing in the Fitness Log, write down what level you did, the start time and the end time of your workout and how long it took. Your challenge is to better your workout time by decreasing time.

Example:

Level: 1

Start Time: 8: 45 AM

End Time: 9:01 AM

Total Time: 16 Minutes.

# 30 days of STRENGTH

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Day 15

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

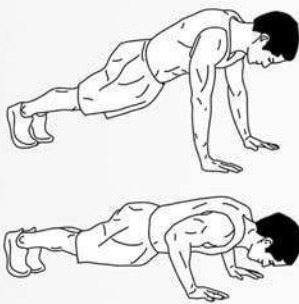
LEVEL III 7 sets

6 reps each

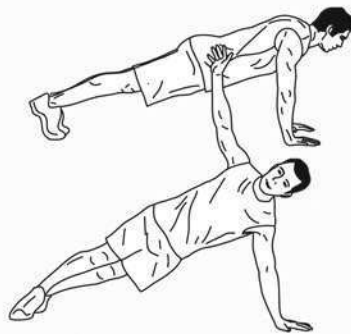
12 reps each

16 reps each

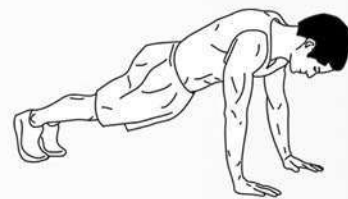
2 minutes rest between sets



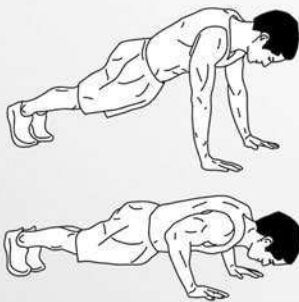
**X** push-ups



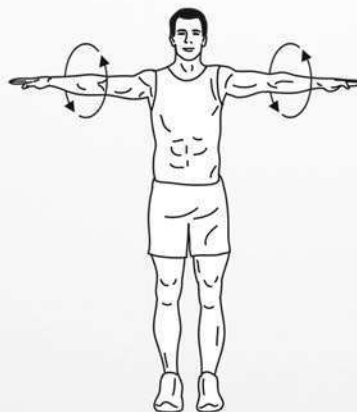
**X** plank rotations



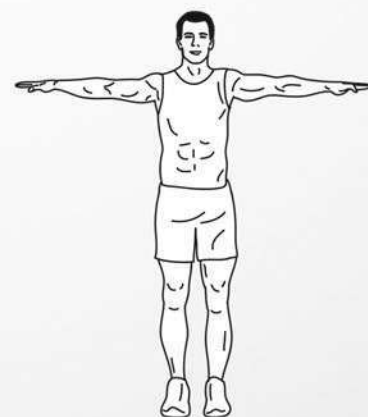
**30-count** plank



**X** push-ups



**30** raised arm circles



**30-count** raised arm hold

# 30 days of STRENGTH

Day 17 Legs

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LEVEL I 3 sets

LEVEL II 5 sets

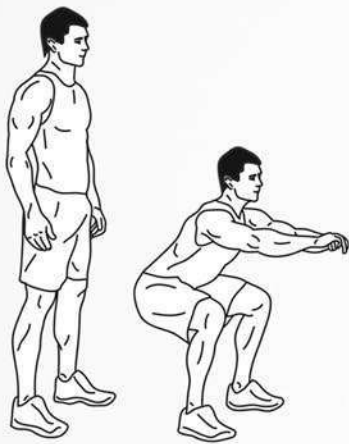
LEVEL III 7 sets

14 reps each

20 reps each

24 reps each

2 minutes rest between sets



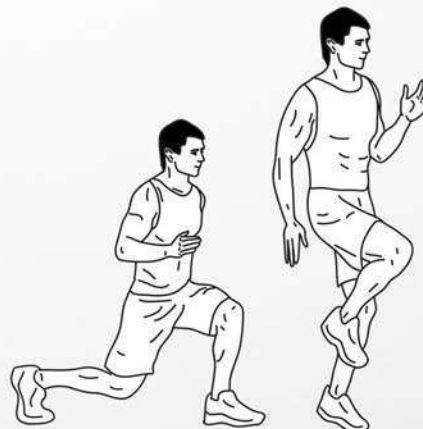
squats



lunges



squats



lunge step-ups



# 30 days of STRENGTH

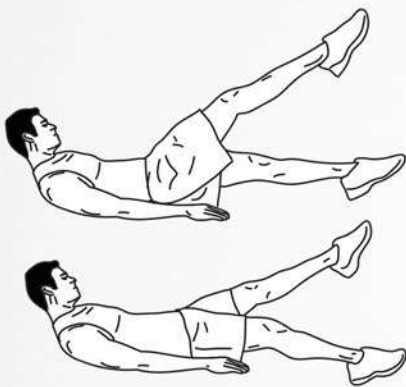
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Day 18

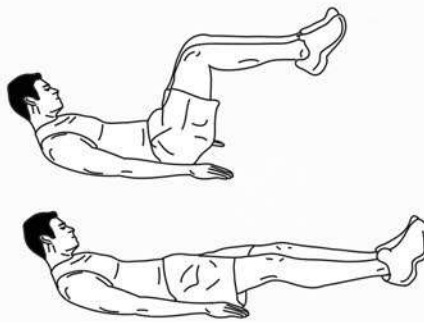
Abs, Back & Biceps

## Part I Abs

LEVEL I 16 reps   LEVEL II 18 reps   LEVEL III 20 reps  
4 sets - all levels   |   2 minutes rest between sets



flutter kicks



crunch kicks



sitting twists

For the ABs portion, when writing in the Fitness Log, write down what level you did, the start time and the end time of your workout and how long it took. Your challenge is to better your workout time by decreasing time.

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End Time: 9:01 AM

Total Time: 16 Minutes.

# 30 days of STRENGTH

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Day 19

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

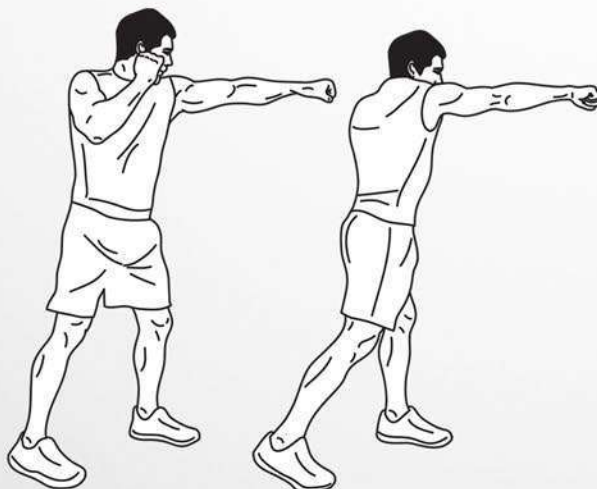
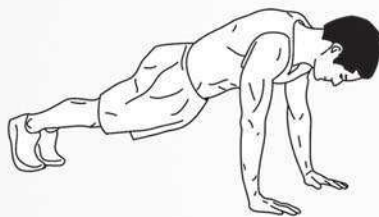
LEVEL III 7 sets

3 push-up

4 push-ups

5 push-ups

2 minutes rest between sets



X push-ups

40 punches

X push-ups

40 punches

X push-ups

40 punches

X push-ups

40 punches

rest

# 30 days of STRENGTH

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Day 25 Legs

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

20 reps each

22 reps each

24 reps each

2 minutes rest between sets



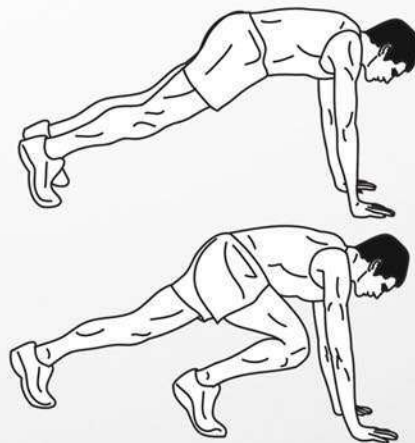
lunges



lunge step-ups



squats



slow climbers