

Spring into Shape!



Here's how it works: Each day of the month, we'll provide you with a carefully curated fitness activity (including rest days) to add to your existing routine. From cardio to strength training, high intensity drills and core, we've got something to challenge everyone. Questions? Ask a CHF Personal Trainer!



Each day please complete the activity

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|---------------------------------|---|----------------------|---------------------------------|--------------------|----------------------------|
| | 1 Take at least 6,000 steps | 2 Do 5 burpees | 3 Do 5 push-ups | 4 Take at least 6,500 steps | 5 Do 20 squats | 6 Do a 15-second plank |
| 7 REST | 8 Take at least 7,000 steps | 9 Do 10 burpees | 10 Do 7 push-ups | 11 Take at least 7,500 steps | 12 Do 25 squats | 13 Do a 20-second plank |
| 14 REST | 15 Take at least 8,000 steps | 16 Do 15 burpees | 17 Do 10 push-ups | 18 Take at least 8,500 steps | 19 Do 30 squats | 20 Do a 25-second plank |
| 21 REST | 22 Take at least 9,000 steps | 23 Do 20 burpees | 24 Do 15 push-ups | 25 Take at least 9,500 steps | 26 Do 35 squats | 27 Do a 30-second plank |
| 28 REST | 29 Take 10,000 steps | 30 Do 25 burpees, 25 push-ups, 40 squats, 30-second plank | | | | |

Visit www.beachcitiesgym.com/challenge for more information on these exercises.

