

August 2025





Active August 2025 Fitness Challenge



Center for
Health & Fitness

A Beach Cities Health District Program

Week One: Focus on form, Week Two: Add repetitions, Week Three: Add variations
Week Four: Circuit Challenge, Week Five: Extreme Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1-5 reps each push-ups, squats, burpees	2 1-5 reps each push-ups, squats, burpees
3 1-5 reps each push-ups, squats, burpees	4 1-5 reps each push-ups, squats, burpees	5 1-5 reps each push-ups, squats, burpees	6 1-5 reps each push-ups, squats, burpees	7 REST 	8 6-10 reps each push-ups, squats, burpees	9 6-10 reps each push-ups, squats, burpees
10 6-10 reps each push-ups, squats, burpees	11 6-10 reps each push-ups, squats, burpees	12 6-10 reps each push-ups, squats, burpees	13 6-10 reps each push-ups, squats, burpees	14 REST 	15 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)	16 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)
17 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)	18 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)	19 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)	20 6-10 reps each push-ups (regular width or wide push-up), squats (squat or single leg), burpees (with or without a jump)	21 REST 	22 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees	23 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees
24 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees	25 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees	26 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees	27 6-10 reps each + 3 rounds (10 second rest) push-ups, squats, burpees	28 REST 	29 10-15 reps each + 4 rounds (10 second rest) push-ups, squats, burpees	30 10-15 reps each + 4 rounds (10 second rest) push-ups, squats, burpees
31 10-15 reps each + 4 rounds (10 second rest) push-ups, squats, burpees						

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