



THE APRIL "CHOOSE YOUR OWN ADVENTURE" FITNESS CHALLENGE

Build your own workout path every day in April.

No boring routines—just strength, steps, and a new workout path every day.

How it Works

1. Choose one exercise from each category
2. Complete 3 sets of 10 reps
3. Hit your daily step goal: 5,000–10,000 steps
4. Repeat daily throughout April and switch up your exercises to keep things fresh.

Consistency is the goal—**progress is the reward.**

Push (Upper Body)

Choose one:

- Chest Press
- Shoulder Press
- Tricep Pushdowns
- Chest Fly

Pull (Upper Body)

Choose one:

- Rows
- Pull Ups
- Bicep Curls
- Hammer Curls
- Lat Pulldown
- Upright Row

Example Adventure Day

Chest Press → 3 x 10

Lat Pulldown → 3 x 10

Steps → 8000

Make it Your Own

Mix and match your exercises each day. Try a new combination every week. Stay consistent, challenge yourself, and see how far you can go by the end of the month.

Ready to Get Started?

Pick your moves. Track your progress. Finish strong.

Need help building your workout path? Stop by the personal training office and our team will help you get started.



A Public Agency

Center for
Health & Fitness

A Beach Cities Health District Program

Visit beachcitiesgym.org for more information.