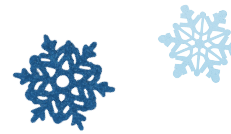


Elf 4 Health Fitness Challenge



Center for
Health & Fitness

A Beach Cities Health District Program



Complete each move for 20 seconds, followed by 10 seconds of rest. You will go through each section before going to the next tabata. (week one=1 set of each exercise, week two=1 set of each exercise, week three=2 sets of each exercise, week four=2 sets of each exercise, week five=2 or 3 sets of each exercise). Modify exercises as needed to your fitness level.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ONE	2 ONE	3 ONE	4 ONE	5 ONE
6 REST	7 TWO	8 TWO	9 TWO	10 TWO	11 TWO	12 TWO
13 REST	14 THREE	15 THREE	16 THREE	17 THREE	18 THREE	19 THREE
20 REST	21 FOUR	22 FOUR	23 FOUR	24 FOUR	25 FOUR	26 FOUR
27 REST	28 FOUR	29 FOUR	30 FOUR			

ONE: jumping jacks, high knees, burpees, ski jumps

TWO: push-ups, bicep curls, overhead tricep extensions, double arm row

THREE: mountain climbers, high knees, jumping jacks, toe taps

FOUR: hammer curls, overhead tricep extensions, double arm tri kickbacks, bicep curls



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