

June 2025

Summer Shape Up Challenge











Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program

Kick off summer with daily bodyweight workouts that build strength and stamina—all in under 10 minutes a day! Each day, the reps increase to keep you progressing all month long. Let's shape up together!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 squats, 10 mountain climbers, 10 push-ups, 10 sit-ups, 20s plank	2 12 squats, 12 mountain climbers, 12 push-ups, 12 sit-ups, 25s plank	3 14 squats, 14 mountain climbers, 14 push-ups, 14 sit-ups, 30s plank	4 16 squats, 16 mountain climbers, 16 push-ups, 16 sit-ups, 35s plank	5 18 squats, 18 mountain climbers, 18 push-ups, 18 sit-ups, 40s plank	6 REST 	7 REST 
8 20 squats, 20 mountain climbers, 20 push-ups, 20 sit-ups, 45s plank	9 22 squats, 22 mountain climbers, 22 push-ups, 22 sit-ups, 50s plank	10 24 squats, 24 mountain climbers, 24 push-ups, 24 sit-ups, 55s plank	11 26 squats, 26 mountain climbers, 26 push-ups, 26 sit-ups, 60s plank	12 28 squats, 28 mountain climbers, 28 push-ups, 29 sit-ups, 65s plank	13 REST 	14 REST 
15 10 lunges, 10 burpees, 10 rows, 10 sit-ups, 20s plank	16 12 lunges, 12 burpees, 12 rows, 12 sit-ups, 25s plank	17 14 lunges, 14 burpees, 14 rows, 14 sit-ups, 30s plank	18 16 lunges, 16 burpees, 16 rows, 16 sit-ups, 35s plank	19 18 lunges, 18 burpees, 18 rows, 18 sit-ups, 40s plank	20 REST 	21 REST 
22 20 lunges, 20 burpees, 20 rows, 20 sit-ups, 45s plank	23 22 lunges, 22 burpees, 22 rows, 22 sit-ups, 50s plank	24 24 lunges, 24 burpees, 24 rows, 24 sit-ups, 55s plank	25 26 lunges, 26 burpees, 26 rows, 26 sit-ups, 60s plank	26 28 lunges, 28 burpees, 28 rows, 28 sit-ups, 65s plank	27 REST 	28 REST 
29 30 squats, 30 mountain climbers, 30 push-ups, 30 sit-ups, 60s plank	30 30 lunges, 30 burpees, 30 rows, 30 sit-ups, 60s plank					

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