




New Year, Fresh Start Fitness Challenge

Visit beachcitiesgym.com/challenge for more information.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Set a NEW fitness goal for 2022!
2 Get outside	3 20-second plank, 10 bridges, 10 push-ups, 10 tricep dips, 10 mountain climbers, 10 crunches, 10 lunges, 10 calf raises, 10 squats	4 Eat a healthy snack	5 3 10-minute walks, easy pace	6 15 lunges, 15 burpees, 15 push-ups, 15 crunches, 15 jumping jacks (or high knees)	7 Try a balance class from our FREE CHF exercise library	8 Mindfulness practice for 5 minute or longer
9 Call or visit a family member, friend, or neighbor	10 20-second plank, 10 bridges, 10 push-ups, 10 tricep dips, 10 mountain climbers, 10 crunches, 10 lunges, 10 calf raises, 10 squats	11 Eat the rainbow (fruit and veggies)	12 3 20-minute walks, easy pace	13 15 lunges, 15 burpees, 15 push-ups, 15 crunches, 15 jumping jacks (or high knees)	14 Try a yoga class from our FREE CHF exercise library	15 Log off for the day
16 Get outside	17 30-second plank, 15 bridges, 15 push-ups, 15 tricep dips, 15 mountain climbers, 15 crunches, 15 lunges, 15 calf raises, 15 squats	18 Go meatless	19 4 15-minute walks, brisk pace	20 20 lunges, 20 burpees, 20 push-ups, 20 crunches, 20 jumping jacks (or high knees)	21 Try a Mat Pilates class from our FREE CHF exercise library	22 Get 8 hours of sleep
23 Enjoy time with family, friend, or neighbor	24 30-second plank, 15 bridges, 15 push-ups, 15 tricep dips, 15 mountain climbers, 15 crunches, 15 lunges, 15 calf raises, 15 squats	25 Eat less refined carbs	26 4 20-minute walks, brisk pace	27 20 lunges, 20 burpees, 20 push-ups, 20 crunches, 20 jumping jacks (or high knees)	28 Try an abs class from our FREE CHF exercise library	29 Make a gratitude list
30 Call or visit a family member, friend, or neighbor	31 4 20-minute walks, brisk pace					



Move It
Monday

Try It
Tuesday

Walk It Out
Wednesday

Transformation
Thursday

Free For All
Friday

Sanity
Saturday

Sunday
Funday

