

Strength & Stretch September Fitness Challenge



Center for
Health & Fitness

A Beach Cities Health District Program

Build strength, improve flexibility and stay consistent all month long! Follow the daily challenge calendar for a balanced mix of stretching, bodyweight strength exercises, cardio and rest days. Move at your own pace, listen to your body and celebrate your progress throughout September.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 stretch for 10 minutes (hold each stretch 20-30 sec)	2 10 push-ups, 10 squats, plank (30 sec)	3 stretch for 10 minutes (hold each stretch 20-30 sec)	4 10 push-ups, 10 squats, plank (30 sec)	5 20-30 minutes of choice of cardio
6 REST 	7 12 push-ups, 12 squats, plank (40 sec)	8 stretch for 10 minutes (hold each stretch 20-30 sec)	9 12 push-ups, 12 squats, plank (40 sec)	10 stretch for 10 minutes (hold each stretch 20-30 sec)	11 12 push-ups, 12 squats, plank (40 sec)	12 20-30 minutes of choice of cardio
13 REST 	14 14 push-ups, 14 squats, plank (50 sec)	15 stretch for 10 minutes (hold each stretch 20-30 sec)	16 14 push-ups, 14 squats, plank (50 sec)	17 stretch for 10 minutes (hold each stretch 20-30 sec)	18 14 push-ups, 14 squats, plank (50 sec)	19 20-30 minutes of choice of cardio
20 REST 	21 16 push-ups, 16 squats, plank (60 sec)	22 stretch for 10 minutes (hold each stretch 20-30 sec)	23 16 push-ups, 16 squats, plank (60 sec)	24 stretch for 10 minutes (hold each stretch 20-30 sec)	25 16 push-ups, 16 squats, plank (60 sec)	26 20-30 minutes of choice of cardio
27 REST 	28 18 push-ups, 18 squats, plank (70 sec)	29 stretch for 10 minutes (hold each stretch 20-30 sec)	30 18 push-ups, 18 squats, plank (70 sec)			

Visit beachcitiesgym.org/challenge for more information on these exercises.