

Power Up Fitness Challenge

Get your mat, dumbbells, and go-getter attitude ready to take on this monthly challenge. Complete the daily challenge within 30 minutes as many reps as possible in the allotted time (30 minutes each workout). Take breaks as appropriate and modify exercises to your fitness level.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 dumbbell upper body	2 bodyweight lower body
3 dumbbell HIIT	4 rest	5 bodyweight upper body	6 dumbbell full body	7 take a yoga class or stretch class with our virtual library	8 dumbbell upper body	9 bodyweight lower body
10 dumbbell HIIT	11 rest	12 bodyweight upper body	13 dumbbell full body	14 take a yoga class or stretch class with our virtual library	15 dumbbell upper body	16 bodyweight lower body
17 dumbbell HIIT	18 rest	19 bodyweight upper body	20 dumbbell full body	21 take a yoga class or stretch class with our virtual library	22 dumbbell upper body	23 bodyweight lower body
24 dumbbell HIIT	25 rest	26 bodyweight upper body	27 dumbbell full body	28 take a yoga class or stretch class with our virtual library	29 dumbbell upper body	30 bodyweight lower body

WORKOUTS

Dumbbell Upper Body:

chest press - 10
upright row - 10
bent over row - 10
bicep curl - 10
tricep extension - 10

Bodyweight Lower Body:

single leg lunge - 10
squat - 10
high knees - 10
side lunge - 10
step ups - 10

Dumbbell HIIT:

1 minute up down plank
1 minute bird dog hold
1 minute incline push ups
30 seconds burpees
30 seconds rest

Bodyweight Upper Body Strength:

push-ups - 10
tricep dips - 10
shoulder tap planks - 10
mountain climbers - 10
prone lat pulldown - 10

Dumbbell Full-Body Strength:

overhead press - 10
chest press - 10
side rotating planks - 10
squats - 10
single leg lunge - 10

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