

# Spring Into Fitness Challenge

**1 set = 3 moves 10 reps each (exercises can be modified to your fitness level)**

a. Squats



b. Push-ups



c. Burpees



## What to do?

**1 set = 10 reps of each of the following exercises**

a. Squats - 10 reps

b. Push-ups - 10 reps

c. Burpees - 10 reps

All three moves should be completed 10 times each for a total of 30 reps

For **beginners** your goal would be to complete 3-4 sets daily.

For **intermediate** your goal would be to complete 5-7 sets daily.

For **advanced** your goal would be to complete 8-10 sets daily.

Exercises can be performed at the same time or throughout the day. (i.e. 10 squats in the morning, 10 squats in the afternoon, 10 squats in the evening.)

