

October FITNESS CALENDAR

CHALLENGE

Complete each activity for the day and cross off each day that you complete.

Share your progress each day in the [Rise Above Facebook Group!](#)

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|--|--|---|--|---|---|--|
| 1 <u>FIT TEST</u> Do each as long as possible. <i>POST YOUR TIME.</i> 1. WALL SIT 2. PLANK 3. JUMING JACKS | 2 1 DB Circuit 10 curl/kickbacks 10 bent-over rows 10 donkey kicks | 3 <u>Cardio Circuit</u> or 15 minute walk | 4 1 Circuit 10 sit-to-stand 10 wall rows 10 triceps wall push-up | 5 Drink half your bodyweight in ounces of WATER | 6 1 Circuit 10 wall push-ups 20 sec. wall-sit 30 sec. jumping jacks | 7 <u>STRETCH</u> 5 min. broomstick stretches |
| 8 3 plank walk-outs | 9 2 DB Circuits 10 curl/kickbacks 10 bent-over rows 10 donkey kicks | 10 <u>Cardio Circuit</u> or 20 minute walk | 11 2 Circuits 10 sit-to-stand 10 wall rows 10 triceps wall push-up | 12 Drink half your bodyweight in ounces of WATER | 13 2 Circuits 10 wall push-ups 20 sec. wall-sit 30 sec. jumping jacks | 14 <u>STRETCH</u> 5 min. broomstick stretches |
| 15 5 plank walk-outs | 16 1 DB Circuit 15 curl/kickbacks 15 bent-over rows 15 donkey kicks | 17 <u>Cardio Circuit</u> or 25 minute walk | 18 1 Circuit 15 sit-to-stand 15 wall rows 15 triceps wall push-up | 19 Drink half your bodyweight in ounces of WATER | 20 1 Circuit 15 wall push-ups 20 sec. wall-sit 30 sec. jumping jacks | 21 <u>STRETCH</u> 5 min. AM & PM broomstick stretches |
| 22 7 plank walk-outs | 23 2 DB Circuits 15 curl/kickbacks 15 bent-over rows 15 donkey kicks | 24 <u>Cardio Circuit</u> or 30 minute walk | 25 2 Circuits 15 sit-to-stand 15 wall rows 15 triceps wall push-up | 26 Drink half your bodyweight in ounces of WATER | 27 2 Circuits 15 wall push-ups 20 sec. wall-sit 30 sec. jumping jacks | 28 <u>STRETCH</u> 5 min. AM & PM broomstick stretches |
| 29 9 plank walk-outs | 30 CARDIO 30-45 min. Cardio of Choice | 31 <u>FIT TEST</u> Do each as long as possible. <i>POST YOUR TIME.</i> 1. WALL SIT 2. PLANK 3. JUMING JACKS | | | | |

NOTE: Click the LINK for [CARDIO CIRCUITS](#) and [BROOMSTICK STRTECHES](#).

Follow in the [Rise Above Group](#) for more tips & videos!

Notes:

