

# '2013' Fitness Challenge

## Program Rules:

1. Your objective is to complete 2013 reps between December 1 – December 31

Choose **6 exercises** and you will have 31 days to complete **2013 repetitions**. These exercises can be done at home and on the weekends!

**PICK 6** (may not switch exercises once they are chosen)

Push-ups  
Dips  
Squats  
Lunges  
Curtsey Lunges  
Crunches  
Bicycle Crunch  
Burpees  
Mountain Climbers  
Hip Bridge Leg Kicks  
Donkey Kicks  
Pull-Ups  
Dragon Walks  
Jumping Lunges  
Pike Rolls on Stability Ball  
Hanging Knee Raise to Elbow  
Floor Knee Tuck on TRX  
Squat Kicks  
Plank (hold for 2013 seconds)  
Hip Bridge (hold for 2013 seconds)  
V-Sit (hold for 2013 seconds)  
Hanging Knee Raise (hold for 2013 seconds)  
Wall Sit (hold for 2013 seconds)

Please register by November 22, 2013

*Every time you do an exercise, write down the date and how many reps you did for that day beside your name in the binder that will be kept at the front desk. Each participant will have an online tracking sheet as well.*

*Updated repetitions will be posted on the bulletin board each week so that you can see how you are doing against other members of the Fitness Center!*

*Everyone who completes all 2013 repetitions by December 31 will be considered a winner! However, the person with the most combined reps from all 6 categories will be the overall WINNER!*

*Exercise repetitions may be divided however you like. To accomplish the 2013 repetitions quota, you will need to accomplish 65 repetitions per day. You may divide those 65 repetitions evenly across your 6 exercises or decide what works best for you. Choose your exercises wisely. A variety of exercises will prevent overuse injuries and boredom.*

*Good luck.*