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| September 2021 Fall Fitness Challenge |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 15 Sit Ups/5 Crunches/5 Leg Raises/10 Sec Plank/6 Tricep Dips/4 Push Ups/8 Mountain Climbers | 20 Sit Ups/8 Crunches/8 Leg Raises/12 Sec Plank/15 Squats/5 Bridges/10 Lunges | 25 Sit Ups/10 Crunches/10 Leg Raises/15 Sec Plank/6 Tricep Dips/4 Push Ups/8 Mountain Climbers | Rest Day |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 30 Sit Ups/12 Crunches/12 Leg Raises/20 Sec Plank/20 Squats/5 Bridges/10 Lunges | 35 Sit Ups/15 Crunches/15 Leg Raises/20 Sec Plank/6 Tricep Dips/5 Push Ups/10 Mountain Climbers | 40 Sit Ups/20 Crunches/20 Leg Raises/25 Sec Plank/20 Squats/10 Bridges/15 Lunges | Rest Day | 45 Sit Ups/30 Crunches/30 Leg Raises/38 Sec Plank/6 Tricep Dips/5 Push Ups/10 Mountain Climbers | 50 Sit Ups/50 Crunches/30 Leg Raises/38 sec Plank/25 Squats/10 Bridges/15 Lunges | 55 Sit Ups/65 Crunches/33 Leg Raises/42 Sec Plank/8 Tricep Dips/6 Push Ups/10 Mountain Climbers |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Rest Day | 60 Sit Ups/75 Crunches/40 Leg Raises/50 Sec Plank/30 Squats/10 Bridges/20 Lunges | 65 Sit Ups/85 Crunches/42 Leg Raises/55 Sec Plank/8 Tricep Dips/6 Push Ups/12 Mountain Climbers | 70 Sit Ups/95 Crunches/42 Leg Raises/60 Sec Plank/30 Squats/15 Bridges/20 Lunges | Rest Day | 75 Sit Ups/100 Crunches/42 Leg raises/65 Sec Plank/8 Tricep Dips/8 Push Ups/12 Mountain Climbers | 80 Sit Ups/110 Crunches/48 Leg Raises/70 Sec Plank/35 Squats/15 Bridges/20 Lunges |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 85 Sit Ups/120 Crunches/50 Leg Raises/75 Sec Plank/8 Tricep Dips/8 Push Ups/15 Mountain Climbers | Rest Day | 90 Sit Ups/130 Crunches/52 Leg Raises/80 Sec Plank/35 Squats/20 Bridges/25 Lunges | 95 Sit Ups/140 Crunches/55 Leg Raises/85 Sec Plank/10 Tricep Dips/8 Push Ups/15 Mountain Climbers | 100 Sit Ups/150 Crunches/58 Leg Raises/90 Sec Plank/35 Squats/20 Bridges/25 Lunges | Rest Day | 105 Sit Ups/160 Crunches/60 Leg Raises/95 Sec Plank/10 Tricep Dips/8 Push Ups/15 Mountain Climbers |
| 26 | 27 | 28 | 29 | 30 |  |  |
| 110 Sit Ups/170 Crunches/60 Leg Raises/100 Sec Plank/35 Squats/20 Bridges/25 Lunges | 115 Sit Ups/170 Crunches/60 Leg Raises/110 Sec Plank/10 Tricep Dips/8 Push Ups/15 Mountain Climbers | Rest Day | 120 Sit Ups/190 Crunches/62 Leg Raises/115 Sec Plank/40 Squats/20 Bridges/30 Lunges | 125 Sit Ups/200 Crunches/65 Leg Raises/120 Sec Plank/8 Tricep Dips/8 Push Ups/12 Mountain Climbers |  |  |