

# 2018 FITNESS Challenge!

4 WEEKS TO A STRONGER YOU!



SQUAT



OBLIQUE CRUNCH



HIP BRIDGE



MED BALL PUSH UP



LUNGE WITH ROTATION

## THE PLAN

**Day 1** 4 reps of each  
**Day 2** 6 reps of each  
**Day 3** 8 reps of each  
**Day 4** Rest  
**Day 5** 4 reps of each, repeat 2x  
**Day 6** 6 reps of each, repeat 2x  
**Day 7** 8 reps of each, repeat 2x  
**Day 8** Rest  
**Day 9** 10 reps of each, repeat 2x  
**Day 10** 12 reps of each, repeat 2x

**Day 11** 8 reps of each, repeat 3x  
**Day 12** Rest  
**Day 13** 9 reps of each, repeat 3x  
**Day 14** 10 reps of each, repeat 3x  
**Day 15** 11 reps of each, repeat 3x  
**Day 16** Rest  
**Day 17** 8 reps of each, repeat 4x  
**Day 18** 9 reps of each, repeat 4x  
**Day 19** 10 reps of each, repeat 4x  
**Day 20** Rest

**Day 21** 11 reps of each, repeat 4x  
**Day 22** 12 reps of each, repeat 4x  
**Day 23** 13 reps of each, repeat 4x  
**Day 24** Rest  
**Day 25** 8 reps of each, repeat 5x  
**Day 26** 9 reps of each, repeat 5x  
**Day 27** 10 reps of each, repeat 5x  
**Day 28** Rest  
**Day 29** 11 reps of each, repeat 5x  
**Day 30** 12 reps of each, repeat 5x

### GENERAL GUIDELINES:

- Do a 2 – 3 min warm-up before starting the exercises (e.g. march in place)
- Execute the circuit with as few breaks as possible
- 30 – 60 sec break between sets

*Beginners may perform push up without ball and lunge without rotation.*

Find detailed exercise instructions, videos and more on [www.webexercises.com](http://www.webexercises.com)

