

Lunge and Plank Challenge

www.fitnessbootcampnow.com



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Rules:

- Do each day or you have to double up.
- You can break them up throughout the day.
- For lunges you can do in place, moving, backwards, side to side or lunge jumps
- For planks, can be on knees or toes.
- Mark each day and each exercise.
- Turn in at the end of the month for a prize!!!!

Name: _____

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|--|
| | 1 <input type="checkbox"/> 10 lunges <input type="checkbox"/> :30s plank | 2 <input type="checkbox"/> 10 lunges <input type="checkbox"/> :30s plank | 3 <input type="checkbox"/> 10 lunges <input type="checkbox"/> :30s plank | 4 <input type="checkbox"/> 20 lunges <input type="checkbox"/> :40s plank | 5 <input type="checkbox"/> 20 lunges <input type="checkbox"/> :40s plank | 6 <input type="checkbox"/> 20 lunges <input type="checkbox"/> :40s plank |
| 7 <input type="checkbox"/> 30 lunges <input type="checkbox"/> :50s plank | 8 <input type="checkbox"/> 30 lunges <input type="checkbox"/> :50s plank | 9 <input type="checkbox"/> 30 lunges <input type="checkbox"/> :50s plank | 10 <input type="checkbox"/> 40 lunges <input type="checkbox"/> :60s plank | 11 <input type="checkbox"/> 40 lunges <input type="checkbox"/> :60s plank | 12 <input type="checkbox"/> 40 lunges <input type="checkbox"/> :60s plank | 13 <input type="checkbox"/> 50 lunges <input type="checkbox"/> :70s plank |
| 14 <input type="checkbox"/> 50 lunges <input type="checkbox"/> :70s plank | 15 <input type="checkbox"/> 50 lunges <input type="checkbox"/> :70s plank | 16 <input type="checkbox"/> 60 lunges <input type="checkbox"/> :80s plank | 17 <input type="checkbox"/> 60 lunges <input type="checkbox"/> :80s plank | 18 <input type="checkbox"/> 60 lunges <input type="checkbox"/> :80s plank | 19 <input type="checkbox"/> 70 lunges <input type="checkbox"/> :90s plank | 20 <input type="checkbox"/> 70 lunges <input type="checkbox"/> :90s plank |
| 21 <input type="checkbox"/> 70 lunges <input type="checkbox"/> :90s plank | 22 <input type="checkbox"/> 80 lunges <input type="checkbox"/> 1:40s plank | 23 <input type="checkbox"/> 80 lunges <input type="checkbox"/> 1:40s plank | 24 <input type="checkbox"/> 80 lunges <input type="checkbox"/> 1:40s plank | 25 <input type="checkbox"/> 90 lunges <input type="checkbox"/> 1:50s plank | 26 <input type="checkbox"/> 90 lunges <input type="checkbox"/> 1:50s plank | 27 <input type="checkbox"/> 90 lunges <input type="checkbox"/> 1:50s plank |
| 28 <input type="checkbox"/> 100 lunges <input type="checkbox"/> 2:00s plank | 29 <input type="checkbox"/> 100 lunges <input type="checkbox"/> 2:00s plank | 30 <input type="checkbox"/> 100 lunges <input type="checkbox"/> 2:00s plank | | | | |