

# Body Weight Challenge

Build strength and endurance using your own body weight.

Using your own body weight is a great way to gain strength and endurance for all major muscle groups. It is easy to do anywhere, since you do not need any equipment! Use your fitness apps or search engines for explanation and safety recommendations of each exercise if you are unsure.

**Goal: Track the number of days you attempted the suggested Body Weight Activity. Record the time or reps it took you to “feel the burn”.** Some exercises repeat throughout the challenge, so try to increase your reps each time! Complete at least 20 of the suggested activities!

|        | Monday                           | Tuesday                               | Wednesday                           | Thursday                                  | Friday                           | Saturday                                   | Sunday                                       | Total Days Activity Attempted Weekly           |
|--------|----------------------------------|---------------------------------------|-------------------------------------|---|----------------------------------|--|--|--|
| Week 1 | <b>Plank</b><br><hr/> Minutes    | <b>Squats</b><br><hr/> Reps           | <b>Push-Ups</b><br><hr/> Reps       | <b>Mountain Climbers</b><br><hr/> Minutes | <b>Tricep Dips</b><br><hr/> Reps | <b>Lunges</b><br><hr/> Reps Each Leg       | <b>Burpees</b><br><hr/> Minutes              |  |
| Week 2 | <b>Ab Crunches</b><br><hr/> Reps | <b>Diamond Push Ups</b><br><hr/> Reps | <b>Hi Knees</b><br><hr/> Minutes    | <b>Super-Mans</b><br><hr/> Reps           | <b>Plié Squats</b><br><hr/> Reps | <b>Side Planks</b><br><hr/> Reps Each Side | <b>Power Jacks</b><br><hr/> Minutes          |  |
| Week 3 | <b>Jump Squats</b><br><hr/> Reps | <b>Planks</b><br><hr/> Minutes        | <b>Burpees</b><br><hr/> Minutes     | <b>Dolphin Push Ups</b><br><hr/> Reps     | <b>Bicycle Abs</b><br><hr/> Reps | <b>Tricep Dips</b><br><hr/> Reps           | <b>Lunges</b><br><hr/> Reps                  |  |
| Week 4 | <b>Hi Knees</b><br><hr/> Minutes | <b>Crunches</b><br><hr/> Reps         | <b>Power Jacks</b><br><hr/> Minutes | <b>Mountain Climbers</b><br><hr/> Minutes | <b>Push-Ups</b><br><hr/> Reps    | <b>Side Squats</b><br><hr/> Reps Each Side | <b>Spider Planks</b><br><hr/> Reps Each Side |  |
|        |                                  |                                       |                                     |   |                                  |  |  | <b>TOTAL Days Goal Achieved</b><br><hr/> _____ |