

check it off when
completed!

abs CHALLENGE

FIRST	
☐	5 ROLL-UPS
☐	5 PULSE UPS
☐	5 LEG LIFTS

SECOND	
☐	6 ROLL-UPS
☐	6 PULSE UPS
☐	6 LEG LIFTS

THIRD	
☐	7 ROLL-UPS
☐	7 PULSE UPS
☐	7 LEG LIFTS

FOURTH	
☐	8 ROLL-UPS
☐	8 PULSE UPS
☐	8 LEG LIFTS

FIFTH	
☐	9 ROLL-UPS
☐	9 PULSE UPS
☐	9 LEG LIFTS

SIXTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	10 SEC PLANK

SEVENTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	15 SEC PLANK

EIGHTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	20 SEC PLANK

NINTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	25 SEC PLANK

TENTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	30 SEC PLANK

ELEVENTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	35 SEC PLANK

TWELTH	
☐	10 ROLL-UPS
☐	10 PULSE UPS
☐	10 LEG LIFTS
☐	40 SEC PLANK

THIRTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	45 SEC PLANK
☐	6 BICYCLES

FOURTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	50 SEC PLANK
☐	7 BICYCLES

FIFTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	55 SEC PLANK
☐	8 BICYCLES

SIXTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	60 SEC PLANK
☐	9 BICYCLES

SEVENTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	65 SEC PLANK
☐	10 BICYCLES

EIGHTEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	70 SEC PLANK
☐	11 BICYCLES

NINETEENTH	
☐	12 ROLL-UPS
☐	12 PULSE UPS
☐	12 LEG LIFTS
☐	75 SEC PLANK
☐	12 BICYCLES

TWENTIETH	
☐	14 ROLL-UPS
☐	14 PULSE UPS
☐	14 LEG LIFTS
☐	80 SEC PLANK
☐	13 BICYCLES

TWENTY-FIRST	
☐	14 ROLL-UPS
☐	14 PULSE UPS
☐	14 LEG LIFTS
☐	85 SEC PLANK
☐	14 BICYCLES

TWENTY-SECOND	
☐	15 ROLL-UPS
☐	15 PULSE UPS
☐	15 LEG LIFTS
☐	90 SEC PLANK
☐	15 BICYCLES

TWENTY-THIRD	
☐	16 ROLL-UPS
☐	16 PULSE UPS
☐	16 LEG LIFTS
☐	95 SEC PLANK
☐	16 BICYCLES

TWENTY-FOURTH	
☐	17 ROLL-UPS
☐	17 PULSE UPS
☐	17 LEG LIFTS
☐	100 SEC PLANK
☐	17 BICYCLES

TWENTY-FIFTH	
☐	18 ROLL-UPS
☐	18 PULSE UPS
☐	18 LEG LIFTS
☐	105 SEC PLANK
☐	18 BICYCLES

TWENTY-SIXTH	
☐	19 ROLL-UPS
☐	19 PULSE UPS
☐	19 LEG LIFTS
☐	110 SEC PLANK
☐	19 BICYCLES

TWENTY-SEVENTH	
☐	20 ROLL-UPS
☐	20 PULSE UPS
☐	20 LEG LIFTS
☐	115 SEC PLANK
☐	20 BICYCLES

TWENTY-EIGHT	
☐	21 ROLL-UPS
☐	21 PULSE UPS
☐	21 LEG LIFTS
☐	120 SEC PLANK
☐	21 BICYCLES

TWENTY-NINTH	
☐	22 ROLL-UPS
☐	22 PULSE UPS
☐	22 LEG LIFTS
☐	125 SEC PLANK
☐	22 BICYCLES

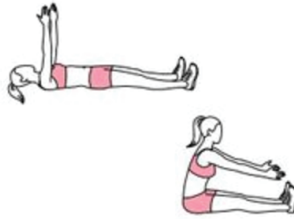
THIRTIETH	
☐	23 ROLL-UPS
☐	23 PULSE UPS
☐	23 LEG LIFTS
☐	130 SEC PLANK
☐	23 BICYCLES

ARMY CHALLENGE

FIRST		SECOND		THIRD		FOURTH		FIFTH	
☐	4 TRICEP DIP	☐	5 TRICEP DIP	☐	6 TRICEP DIP	☐	6 TRICEP DIP	☐	R E S T
☐	4 PUSH UPS	☐	4 PUSH UPS	☐	5 PUSH UPS	☐	5 PUSH UPS		D A Y
☐	4 KICKBACK	☐	5 KICKBACK	☐	6 KICKBACK	☐	7 KICKBACK		
☐	4 HAMMER CURL	☐	5 HAMMER CURL	☐	6 HAMMER CURL	☐	7 HAMMER CURL		
SIXTH		SEVENTH		EIGHTH		NINTH		TENTH	
☐	6 TRICEP DIP	☐	7 TRICEP DIP	☐	8 TRICEP DIP	☐	8 TRICEP DIP	☐	9 TRICEP DIP
☐	5 PUSH UPS	☐	6 PUSH UPS	☐	6 PUSH UPS	☐	6 PUSH UPS	☐	6 PUSH UPS
☐	8 KICKBACK	☐	9 KICKBACK	☐	9 KICKBACK	☐	10 KICKBACK	☐	10 KICKBACK
☐	8 HAMMER CURL	☐	9 HAMMER CURL	☐	9 HAMMER CURL	☐	10 HAMMER CURL	☐	10 HAMMER CURL
ELEVENTH		TWELTH		THIRTEENTH		FOURTEENTH		FIFTEENTH	
☐	9 TRICEP DIP	☐	R E S T	☐	10 TRICEP DIP	☐	11 TRICEP DIP	☐	11 TRICEP DIP
☐	7 PUSH UPS		D A Y	☐	7 PUSH UPS	☐	8 PUSH UPS	☐	8 PUSH UPS
☐	10 KICKBACK			☐	10 KICKBACK	☐	11 KICKBACK	☐	11 KICKBACK
☐	10 HAMMER CURL			☐	10 HAMMER CURL	☐	10 HAMMER CURL	☐	11 HAMMER CURL
SIXTEENTH		SEVENTEENTH		EIGHTEENTH		NINETEENTH		TWENTIETH	
☐	12 TRICEP DIP	☐	12 TRICEP DIP	☐	12 TRICEP DIP	☐	R E S T	☐	12 TRICEP DIP
☐	8 PUSH UPS	☐	9 PUSH UPS	☐	9 PUSH UPS		D A Y	☐	10 PUSH UPS
☐	11 KICKBACK	☐	11 KICKBACK	☐	12 KICKBACK			☐	12 KICKBACK
☐	11 HAMMER CURL	☐	11 HAMMER CURL	☐	12 HAMMER CURL			☐	12 HAMMER CURL
		☐						☐	5 LAT RAISE
TWENTY-FIRST		TWENTY-SECOND		TWENTY-THIRD		TWENTY-FOURTH		TWENTY-FIFTH	
☐	12 TRICEP DIP	☐	12 TRICEP DIP	☐	13 TRICEP DIP	☐	13 TRICEP DIP	☐	13 TRICEP DIP
☐	10 PUSH UPS	☐	11 PUSH UPS	☐	11 PUSH UPS	☐	11 PUSH UPS	☐	12 PUSH UPS
☐	13 KICKBACK	☐	13 KICKBACK	☐	13 KICKBACK	☐	14 KICKBACK	☐	14 KICKBACK
☐	12 HAMMER CURL	☐	12 HAMMER CURL	☐	12 HAMMER CURL	☐	13 HAMMER CURL	☐	13 HAMMER CURL
☐	6 LAT RAISE	☐	7 LAT RAISE	☐	8 LAT RAISE	☐	8 LAT RAISE	☐	8 LAT RAISE
TWENTY-SIXTH		TWENTY-SEVENTH		TWENTY-EIGHT		TWENTY-NINTH		THIRTIETH	
☐	R E S T	☐	14 TRICEP DIP	☐	14 TRICEP DIP	☐	15 TRICEP DIP	☐	15 TRICEP DIP
	D A Y	☐	12 PUSH UPS	☐	13 PUSH UPS	☐	13 PUSH UPS	☐	14 PUSH UPS
		☐	15 KICKBACK	☐	15 KICKBACK	☐	16 KICKBACK	☐	16 KICKBACK
		☐	14 HAMMER CURL	☐	14 HAMMER CURL	☐	15 HAMMER CURL	☐	16 HAMMER CURL
		☐	9 LAT RAISE	☐	10 LAT RAISE	☐	10 LAT RAISE	☐	12 LAT RAISE

abs CHALLENGE

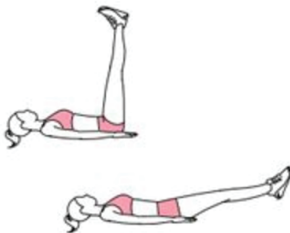
ROLL-UPS



PULSE UPS

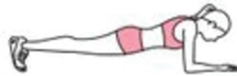


LEG LIFT

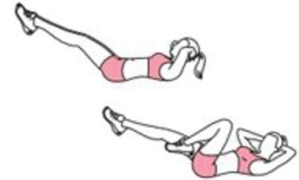


Keep lower back on the floor.

PLANK



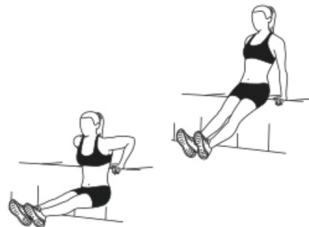
BICYCLES



*a rep is for each leg
6 reps = 6 on each leg*

army CHALLENGE

TRICEP DIPS



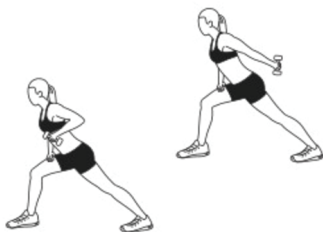
with out without weights on lap

PUSH UPS



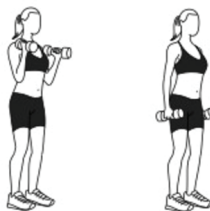
knees or on feet/toes

TRICEP KICKBACK



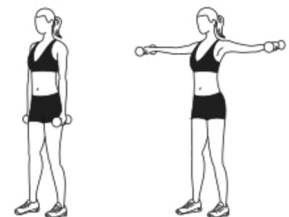
*experiment with the weights!
I started with 8lbs*

HAMMER CURL



*experiment with the weights!
I started with 10lbs*

LATERAL RAISE



experiment with the weights! I started with 8lbs