



# MEMBER WORKOUT CHALLENGE

**Start at your personal fitness level and work up to the challenge!**

If you begin at level 1 on the first week, on week two complete Level 2. Higher fitness levels can consider starting with level 2 and adding resistance with dumbbells, household objects (detergent, gallon of water, books) or your children!

WE WANT TO SEE YOU BE CREATIVE! Email a 10 second video clip to [krockhill@hamiltonymca.org](mailto:krockhill@hamiltonymca.org) or upload on facebook and use #HAY100CHALLENGE



## SQUAT PUSHUP & PLANK

	SUN	MON	TUES	WED	THUR	FRI	SAT
LEVEL 1	<b>REST DAY</b>	10 SQUATS	10 PUSHUPS	10SEC PLANK	20 SQUATS	20 PUSHUPS	20SEC PLANK
LEVEL 2		30 SQUATS	30 PUSHUPS	30SEC PLANK	40 SQUATS	40 PUSHUPS	40SEC PLANK
LEVEL 3		50 SQUATS	50 PUSHUPS	50SEC PLANK	60 SQUATS	60 PUSHUPS	1 MIN PLANK
LEVEL 4		70 SQUATS	70 PUSHUPS	1 MIN 15 SEC PLANK	80 SQUATS	80 PUSHUPS	1 MIN 30 SEC PLANK
LEVEL 5		90 SQUATS	90 PUSHUPS	1 MIN 45 SEC PLANK	100 SQUATS	100 PUSHUPS	2 MIN PLANK