

back to the beginner basics

SEPTEMBER CHALLENGE

Let's go back to the basics and master beginner movements. Then challenge yourself to move up to more advanced moves! Do 3 rounds of 12 reps or 30 seconds for each move.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
glute bridges wall pushups bird-dogs	chair squats dead bugs tap jacks	reverse lunge (R) reverse lunge (L) sumo squats	calf raises knee raises crunches	regular squats counter pushups bird-dogs
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
dead bugs jumping jacks knee plank	glute bridges cat-cows step back burpees	side lunge (L) side lunges (R) reverse crunches	reverse lunge (R) reverse lunge (L) narrow squats	calf raises march in place sumo squats
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
pigeon calf raises march in place sumo squats	side plank (R) side plank (L) lateral shuffle	toe lifted bridges knee pushups mountain climbers	toe lift bridges knee pushups high knees	walking lunges narrow squats superman lifts
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
plank hold step back burpees butt kicks	pigeon calf raises curtsy lunges (R) curtsy lunges (L)	single leg bridge (R) single leg bridge (L) tricep wall pushups	side lunge (L) side lunges (R) frog crunches	knee pushups cat-cows mountain climbers
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
walking lunges good mornings superman hold	alt. donkey kicks fire hydrants (R) fire hydrants (L)	lateral skaters tricep dips overhead squat	plank step outs bicycle crunches jumping lunges	plank hold burpees swimmers
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
pike pushups star jacks broad jump	side lunge w/ lift (L) side lunge w/ lift (R) frog bridges	plank hip dips burpees w/ jump alt. donkey kicks	jump squats plank hip dips tricep knee pushups	plank jacks Heisman shuffle pushups