



# UMC 6 WEEK FITNESS CHALLENGE

<b>Day 1</b> 10 push-ups, 10 squats, 10 second plank	<b>Day 2</b> 10 jumping jacks, 10 lunges, 10 crunches	<b>Day 3</b> 10 seconds mountain climbers, 10 push-ups, 10 squats	<b>Day 4</b> Go for a walk outside for 10 minutes	<b>Day 5</b> 10 side lunges, 10 jumping jacks, 10 bicycle crunches	<b>Day 6</b> 10 seconds mountain climbers, 10 push-ups, 10 squats	<b>Day 7</b> Go for a walk outside for 12 minutes
<b>Day 8</b> 12 push-ups, 12 squats, 15 second plank	<b>Day 9</b> 12 jumping jacks, 12 lunges, 12 crunches	<b>Day 10</b> 15 seconds mountain climbers, 15 push-ups, 15 squats	<b>Day 11</b> Go for a walk outside for 12 minutes	<b>Day 12</b> 10 side lunges, 10 jumping jacks, 10 bicycle crunches	<b>Day 13</b> 10 seconds mountain climbers, 10 push-ups, 10 squats	<b>Day 14</b> Go for a walk outside for 15 minutes
<b>Day 15</b> 15 push-ups, 15 squats, 20 second plank	<b>Day 16</b> 15 jumping jacks, 15 lunges, 20 crunches	<b>Day 17</b> 15 seconds mountain climbers, 15 push-ups, 15 squats	<b>Day 18</b> Go for a walk outside for 15 minutes	<b>Day 19</b> 15 side lunges, 15 jumping jacks, 20 bicycle crunches	<b>Day 20</b> 15 seconds mountain climbers, 15 push-ups, 15 squats	<b>Day 21</b> Go for a walk outside for 18 minutes
<b>Day 22</b> 18 push-ups, 18 squats, 25 second plank	<b>Day 23</b> 18 jumping jacks, 18 lunges, 20 crunches	<b>Day 24</b> 20 seconds mountain climbers, 20 push-ups, 20 squats	<b>Day 25</b> Go for a walk outside for 18 minutes	<b>Day 26</b> 15 side lunges, 15 jumping jacks, 20 bicycle crunches	<b>Day 27</b> 15 seconds mountain climbers, 15 push-ups, 15 squats	<b>Day 28</b> Go for a walk outside for 20 minutes
<b>Day 29</b> 20 push-ups, 20 squats, 30 second plank	<b>Day 30</b> 20 jumping jacks, 20 lunges, 25 crunches	<b>Day 31</b> 20 seconds mountain climbers, 20 push-ups, 20 squats	<b>Day 32</b> Go for a walk outside for 20 minutes	<b>Day 33</b> 20 side lunges, 20 jumping jacks, 20 bicycle crunches	<b>Day 34</b> 20 seconds mountain climbers, 20 push-ups, 20 squats	<b>Day 35</b> Go for a walk outside for 15 minutes
<b>Day 36</b> 25 push-ups, 25 squats, 45 second plank	<b>Day 37</b> 25 jumping jacks, 20 lunges, 30 crunches	<b>Day 38</b> 30 seconds mountain climbers, 20 push-ups, 15 squats	<b>Day 39</b> Go for a walk outside for 25 minutes	<b>Day 40</b> 20 side lunges, 20 jumping jacks, 20 bicycle crunches	<b>Day 41</b> 25 seconds mountain climbers, 25 push-ups, 25 squats	<b>Day 42</b> Go for a walk outside for 25 minutes