

January 2019 CHALLENGE

500 Push ups, Sit ups & Squats

Name _____

PUSH UPS

Mark line through when completed

10 20 30 40 50 60 70 80 90 100 (that's the spirit!) 110 120 130 140 150

160 170 180 190 200 (keep going!) 210 220 230 240 250 (half way there!)

260 270 280 290 300 (you're really cookin' now) 310 320 330 340 350

360 370 380 390 400 (almost there!) 410 420 430 440 450 460 470 480 490

500 Now don't you feel GREAT!

SIT UPS or CRUNCHES

10 20 30 40 50 60 70 80 90 100 (that's the spirit!) 110 120 130 140 150

160 170 180 190 200 (keep going!) 210 220 230 240 250 (half way there!)

260 270 280 290 300 (you're really workin' now) 310 320 330 340 350

360 370 380 390 400 (almost there!) 410 420 430 440 450 460 470 480 490

500 Now don't you feel AWESOME!

SQUATS

10 20 30 40 50 60 70 80 90 100 (that's the spirit!) 110 120 130 140 150

160 170 180 190 200 (keep going!) 210 220 230 240 250 (half way there!)

260 270 280 290 300 (you're really movin' now) 310 320 330 340 350

360 370 380 390 400 (almost there!) 410 420 430 440 450 460 470 480 490

500 Now don't you feel FANTASTIC!