

Spring

Fitness Challenge



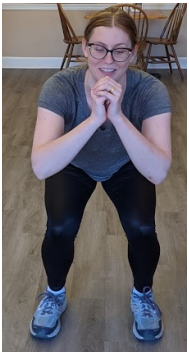
Cardio Challenge

Complete as many rounds as possible in 20-30 minutes.

Rest for up to 60 seconds in between rounds

Modify any exercises as needed!

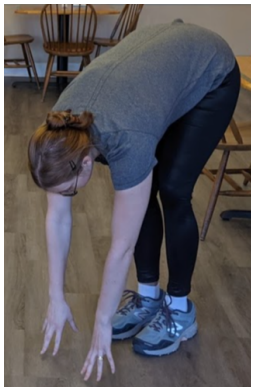
1.) Jump squat - 10



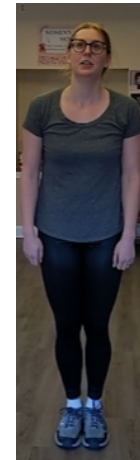
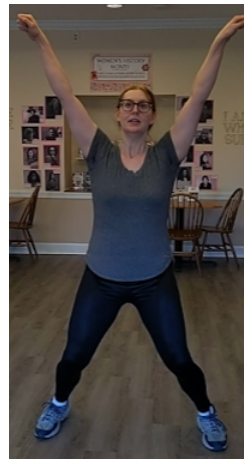
3.) Mountain climbers - 20



2.) Inchworm to should taps - 10



4.) Jumping jacks - 25



Different ways to lunge

Walking lunges

Reverse lunges

Curtsey lunges

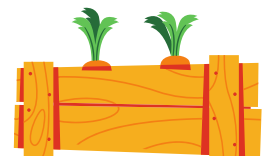
Step-ups

.....
CHECK US OUT ON SOCIAL MEDIA!

 [@ManassasParkCityLibrary](https://www.facebook.com/ManassasParkCityLibrary)

 [@MPCityLibrary](https://www.instagram.com/MPCityLibrary)

 [@ManassasParkCityLibrary](https://www.youtube.com/ManassasParkCityLibrary)

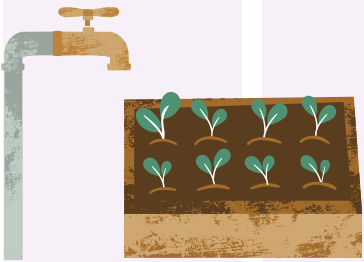


Manassas Park City Library | 9701 Manassas Drive, Manassas Park, VA 20111 | mpcl@lsslibraries.com

Hours: Monday: Closed, Tuesday - Friday 10:00 AM - 8:00 PM, Saturday & Sunday 1:00 PM - 5:00 PM

30 Day Challenge



SUN	MON	TUE	WED	THUR	FRI	SAT
				1 6 lunges 15 s. plank	2 8 lunges 15 s. plank	3 10 lunges 30 s. plank
4 12 lunges 30 s. plank	5 Go for a walk outside	6 14 lunges 45 s. plank	7 16 lunges 45 s. plank	8 18 lunges 60 s. plank	9 20 lunges 60 s. plank	10 Learn a new dance
11 22 lunges 75 s. plank	12 24 lunges 75 s. plank	13 26 lunges 90 s. plank	14 28 lunges 90 s. plank	15 Visit a new nature park	16 30 lunges 105 s. plank	17 32 lunges 105 s. plank
18 34 lunges 120 s. plank	19 36 lunges 120 s. plank	20 Have a race with someone	21 38 lunges 135 s. plank	22 40 lunges 135 s. plank	23 42 lunges 150 s. plank	24 44 lunges 150 s. plank
25 Full body stretch day	26 46 lunges 165 s. plank	27 48 lunges 165 s. plank	28 50 lunges 180 s. plank	29 52 lunges 180 s. plank	30 54 lunges 180 s. plank	