

Fitmums & Friends February Fitness Challenge 2023

WEDS 1 Squats x20 Wall Sit - 30 secs Press Ups x10 Donkey Kicks x10 each leg	THURS 2 Flutter Kicks - 30 secs Banded Squats x20 Lunges x5 each leg High Knees - 30 secs	FRI 3 Mountain Climbers - 30 secs Dead Bug x10 High Plank - 30 secs Squats x10 with 3 sec hold at bottom	SAT 4 Bottom Balance - 45 secs Wall Sit - 45 secs High Plank - 45 secs Squats - as many as poss in 45 secs	SUN 5 Press Ups x15 Jumping Jacks x20 Donkey Kicks x10 each Fire Hydrant x10 each	MON 6 Lateral Walk with band - 60 secs Squats with band - 60 secs Walking High Knees with band - 60 secs Lateral Walk with band - 60 secs	TUES 7 5K Run or Walk
WEDS 8 Sally Squat Challenge with band	THURS 9 Inchworm x5 High Knees - 30 secs Bottom Balance - 45 secs Clamshell with band x10	FRI 10 Glute Bridge up & down x20 Lunges x5 each leg Calf Raises - 30 secs Step Ups x50	SAT 11 Single Leg Hinge x5 each leg Squats with weight x25 Wall Sit - 30 secs Plank - 30 secs	SUN 12 Sally Squat Challenge with weight	MON 13 10,000 steps	TUES 14 Mountain Climbers - 30 secs Glute Bridge up & down - 60 secs Plank - 30 secs Side Leg Raises x10 each side
WEDS 15 Lateral Walk with band - 60 secs Banded Pull Aparts - 60 secs Wall Sit - 30 secs Jumping Jacks x10	THURS 16 Burpees x10 Bird Dog x10 each Side Leg Raises x10 each side Squats x20	FRI 17 Bottom Balance - 60 secs High Plank - 60 secs Squats - 60 secs Wall Sit - 60 secs	SAT 18 Spotty Dogs x20 Fire Hydrant x10 each Donkey Kicks x10 each leg Squats x20	SUN 19 High Knees with band - 30 secs Single Leg Balance - 30 secs each leg Wall Sit - 30 secs Plank - 30 secs	MON 20 Sally Squat Challenge	TUES 21 Lateral Walk with band - 60 secs Press Ups x10 Side Leg Raises with band x10 each side Clamshell with band x20
WEDS 22 High Plank - 60 secs Bottom Balance - 60 secs Banded Pull Aparts - 60 secs Squats - 60 secs	THURS 23 Jumping Jacks x20 Step Ups x50 Calf Raises - 30 secs Lunges x5 each leg	FRI 24 Press Ups x10 Kettlebell Swings x10 Squats x20 Bottom Balance - 45 secs	SAT 25 Squats x20 Wall Sit - 30 secs Squats x20 Wall Sit - 30 secs	SUN 26 5K Run or Walk	MON 27 Single Leg Hinge x5 each leg Squats x20 Side Leg Raises x10 each leg Squats x20	TUES 28 10,000 steps