



4 WEEK WORKOUT CHALLENGE

WEEK 1:

PERFORM 10 ROUNDS OF THE FOLLOWING EXERCISES -

10 X BODYWEIGHT SQUATS

10 X PUSH UPS

10 X JUMPING JACKS (STAR JUMPS)

10 X BENCH DIPS

5 X BURPEES

REPEAT 10 TIMES

RULES:

REST NO MORE THAN 30 SECONDS BETWEEN EACH EXERCISE.
AND NO MORE THAN 1 MINUTE BETWEEN ROUNDS.

YOU MUST COMPLETE THE WORKOUT IN ONE GO. DON'T DO
HALF ONE DAY, THEN THE REST ANOTHER DAY!

YOU MUST DO THIS WORKOUT AT LEAST ONCE FOR THE WEEK.
YOU CAN DO MORE IF YOU WISH.

GOOD LUCK!

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STRIVE
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WEEK 2:

THE TASK THIS WEEK IS STRAIGHT FORWARD...

RUN 8KM FOR THE WEEK.

RULES:

AS LONG AS YOU MANAGE TO RUN A TOTAL OF 8KM FOR THE WEEK, I DON'T CARE HOW YOU BREAK IT UP! JUST DO 8KM.

YOU CAN CHOOSE TO RUN 1KM EVERY DAY AND 2KM ON THE 7TH DAY. OR DO IT IN ONE GO. IT'S UP TO YOU!

IT'S WHATEVER PACE YOU CAN MANAGE. IF YOU'RE A STRONG RUNNER, YOU CAN AIM TO RUN IT AT A FAST PACE THAN YOUR USUAL PACE.

IF YOU HATE RUNNING, AND WOULD MUCH RATHER SET YOUR HAIR ON FIRE AND THEN PUT YOURSELF OUT WITH BATTERY ACID, THEN RUN IT AT A PACE THAT WILL SUIT YOU. AS LONG AS YOU DO 8KM!

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WEEK 3:

YOUR TASK THIS WEEK WILL BE...

PERFORM 10 ROUNDS OF THE FOLLOWING:

15 SECOND HILL SPRINTS

RULES:

FIRST, YOU'LL NEED TO FIND A HILL. IF YOU LIVE IN AN AREA THAT'S FLAT AS A PANCAKE, THEN YOU CAN USE A TREADMILL AND PUT IT ON THE STEEPEST INCLINE YOU CAN.

RUN UP THE HILL FOR 15 SECONDS. THEN WALK BACK DOWN. REPEAT 10 TIMES.

TAKE AS LONG AS YOU CAN TO CATCH YOUR BREATH BEFORE DOING THE NEXT SPRINT. IF YOU'RE READY TO GO AS SOON AS YOU GET DOWN THE HILL, THEN GO AGAIN. IF YOU NEED A PUKE BUCKET WHEN YOU GET BACK DOWN, THEN TAKE A FEW MORE MINUTES.

MAKE SURE THAT YOU'RE FULLY WARMED UP BEFORE YOU START YOUR SPRINTS. OTHERWISE YOU'LL DO YOURSELF AN INJURY.

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WEEK 4:

PERFORM THE FOLLOWING:

10 X 1 MINUTE PLANKS

RULES:

IF YOU CAN, TRY TO REST NO MORE THAN 1 MINUTE BETWEEN PLANKS. IF YOU CAN ONLY MANAGE A MINUTE REST FOR THE FIRST COUPLE, THEN AIM TO START YOUR NEXT 1 MINUTE PLANK AS SOON AS YOU CAN.

YOU MUST DO THE 10 X 1 MINUTE PLANKS ALL IN ONE GO. DON'T DO A COUPLE ONE DAY, AND A FEW THE NEXT. YOU MUST COMPLETE IT IN ONE HIT.

GOOD LUCK!

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FOR MORE CHALLENGES AND TO TAKE PART IN OUR WEEKLY WORKOUT CHALLENGE, PLEASE CLICK ON THE LINK BELOW TO SIGN UP!

EACH WEEK IS A NEW WORKOUT. FINISH ALL THE WORKOUTS FOR THE MONTH, AND YOU'LL GO INTO THE DRAW TO WIN A PRIZE!

PRIZES WILL BE DRAWN EACH AND EVERY MONTH. THE MORE PEOPLE THAT SIGN UP TO BECOME CHALLENGERS, THE BETTER THE PRIZE THAT WE CAN OFFER!

SO CLICK ON THE LINK NOW!

[HTTPS://WWW.STRIVEFITNESSANDNUTRITION.COM/
WEEKLYWORKOUTCHALLENGE](https://www.strivefitnessandnutrition.com/weeklyworkoutchallenge)

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