

## Personal Challenge Time!



Personal challenge is amazing for motivational and tracking your fitness. For this challenge, you are going to do each of these simple exercises following the specific time given in the table below. Take a rest as recommended before going to the next exercise.

Record how many reps you can perform in a time given. Key in your results in your *"My Health & Fitness Tracker"*



Reverse crunch



Double leg lift



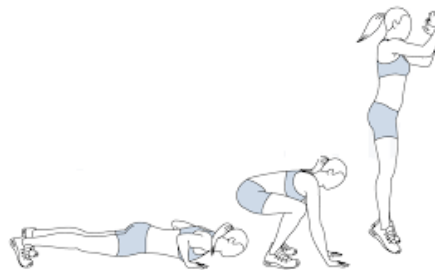
Ankle reach



Criss-Cross



Roll-Up



Burpees



Squat pulse



Pointed butt lifts



Fire hydrants (each side)



Heel kicks (each side)



Bridge



Flares

Although it seems simple, you will be surprised at how much better you get at these exercises!

	Round 1	Round 2	Round 3	Round 4
Time	20 sec each exercise, 10 sec rest	30 sec exercise, 10 rest	45 sec exercise, 15 sec rest	1 minute exercise, 15 sec rest
Reverse crunch				
Double leg lift				
Ankle reach				
Criss cross				
Roll up				
Burpees				
Squat pulse				
Pointed butt lift (right)				
Pointed butt lift (left)				
Fire hydrant (Right)				
Fire hydrant (Left)				
Heel kick (Right)				
Heel kick (Left)				
Bridge				

**Make sure you have a perfect posture rather than having many reps but you perform it  
WRONG!**