



REACH FOR PROGRESS NOT PERFECTION

SPRING CHALLENGE


WITH OUR CEO JOHN

APRIL, 2024

ALL CHALLENGERS RECEIVE A
FUN GIFT & RAFFLE ENTRY

PRIZES BY AGE GROUPS!

Receive an extra raffle ticket for each tag
on Facebook! #DanversYCEOChallenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
YOU CAN DO IT!	<i>1</i> 10 SQUATS 20 SEC. PLANK 10 JUMPING JAX	<i>2</i> 10 SQUATS 20 SEC. PLANK 10 JUMPING JAX	<i>3</i> 11 SQUATS 20 SEC. PLANK 12 JUMPING JAX	<i>4</i> 11 SQUATS 30 SEC. PLAN 12 JUMPING JAX	<i>5</i> 12 SQUATS 30 SEC. PLANK 14 JUMPING JAX	<i>6</i> GO FOR A WALK!
<i>7</i> REST	<i>8</i> 13 SQUATS 40 SEC. PLANK 16 JUMPING JAX	<i>9</i> 13 SQUATS 40 SEC. PLANK 16 JUMPING JAX	<i>10</i> 14 SQUATS 40 SEC PLANK 18 JUMPING JAX	<i>11</i> 14 SQUATS 50 SEC PLANK 18 JUMPING JAX	<i>12</i> 15 SQUATS 50 SEC PLANK 20 JUMPING JAX	<i>13</i> GO FOR A WALK!
<i>14</i> REST	<i>15</i> 15 SQUATS 50 SEC PLANK 20 JUMPING JAX	<i>16</i> 16 SQUATS 1 MIN PLANK 22 JUMPING JAX	<i>17</i> 16 SQUATS 1 MIN PLANK 22 JUMPING JAX	<i>18</i> 17 SQUATS 60 SEC PLANK 24 JUMPING JAX	<i>19</i> 17 SQUATS 1 MIN PLANK 24 JUMPING JAX	<i>20</i> GO FOR A WALK!
<i>21</i> REST	<i>22</i> 18 SQUATS 60 SEC PLANK 26 JUMPING JAX	<i>23</i> 18 SQUATS 70 SEC PLANK 26 JUMPING JAX	<i>24</i> 19 SQUATS 70 SEC. PLANK 28 JUMPING JAX	<i>25</i> 19 SQUATS 80 SEC PLANK 28 JUMPING JAX	<i>26</i> 20 SQUATS 80 SEC PLANK 30 JUMPING JAX	<i>27</i> GO FOR A WALK!
<i>28</i> REST	<i>29</i> 20 SQUATS 90 SEC PLANK 30 JUMPING JAX	<i>30</i> 21 SQUATS 100 SEC PLANK 32 JUMPING JAX				

Plank

Modification: Wall Plank



Pull your bellybutton in,
push away from the floor

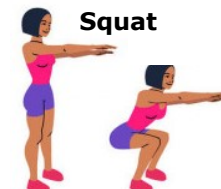


PROPER FORM & MODIFICATIONS

Modifications

Squats: Hold a wall sit
Planks: 15-30 sec. intervals
Jax: Tap side to side

Squat



Imagine going to
sit in a chair

Modification: Wall-Sit



Hold for 2 sec.
per number of
squats