

ASSKICKER FITNESS CHALLENGE


APRIL 2022

We specialize in gym tanks, graphic tees and casual wear with empowering messages for women—designed to fit all body types.

www.asskickeractivewear.com



ASSKICKER ACTIVEWEAR
Work hard. Play hard. Kick ass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTUALLY, I can. 		TIPS FOR NEW RUNNERS: 1. Don't go too fast. Start off easy - you should be able to talk while you run. 2. Try to run relaxed and in good form. Short, easy steps are more effective. Breathe. 3. Keep your core tight, chest up and hands loose. Keep breathing 😊			1 Run/Walk - 20 minutes 1 minute intervals	2 20 Sit Ups 15 Push Ups 30 Lunges
3 20 Sit Ups 10 Push Ups 5 Burpees	4 <i>REST DAY!</i>	5 Run/Walk - 20 minutes 1 minute intervals	6 30 Sit Ups 15 Push Ups 50 Lunges	7 35 Sit Ups 20 Push Ups 55 Lunges	8 40 Sit Ups 30 Push Ups 60 Lunges	9 Run/Walk - 20 minutes 2 min / 1 min intervals
10 10 Sit Ups 10 Push Ups 25 Lunges	11 Run/Walk - 20 minutes 2 min / 1 min intervals	12 45 Sit Ups 15 Push Ups 70 Lunges	13 5 Sit Ups 5 Push Ups 5 Burpees	14 Run/Walk - 20 minutes 3 min / 1 min intervals	15 <i>REST DAY!</i>	16 25 Sit Ups 15 Push Ups 45 Lunges
17 Run/Walk - 20 minutes 3 min / 1 min intervals	18 40 Sit Ups 20 Push Ups 60 Lunges	19 10 Sit Ups 10 Push Ups 10 Burpees	20 Run/Walk - 20 minutes 4 min / 1 min intervals	21 20 Sit Ups 15 Push Ups 35 Lunges	22 25 Sit Ups 20 Push Ups 45 Lunges	23 Run/Walk - 20 minutes 4 min / 1 min intervals
24 50 Sit Ups 10 Push Ups 15 Burpees	25 Run/Walk - 20 minutes 5 min / 1 min intervals	26 70 Sit Ups 20 Push Ups 85 Lunges	27 Run/Walk - 20 minutes 5 min / 1 min intervals	28 <i>ASSKICKER'S BIRTHDAY!</i>	29 90 Sit Ups 30 Push Ups 95 Lunges	30 Run/Walk - 20 minutes 5 min / 1 min intervals



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PHYSIOTHERAPY

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of the box to get you better fast.
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Your goal is to get stronger and go outside for some Vitamin D and running/walking intervals this April! If you're training for our upcoming Obstacle Challenge, the running and burpees will help you get ready for event day. Not new to running? Great! You can ignore the intervals and do your own thing for at least 20 minutes on each assigned run day. Hate burpees? Me too! We'll provide modifications :) **Our Strength Expert, Christine Pratt of Excite Physiotherapy** will post videos to provide modifications and to illustrate proper form. She'll be in the group to answer any questions.

Here's how it works: **Step 1** Do the exercises listed above, each day. **Step 2** Take a pic of said activity. **Step 3** Post the pic in our group and tell us how you feel. **Step 4** Check the group and interact to get inspired!