

# ASSKICKER FITNESS CHALLENGE

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

# JUNE 2022

[www.asskickeractivewear.com](http://www.asskickeractivewear.com)



**ASSKICKER ACTIVEWEAR**  
Work hard. Play hard. Kick ass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>✔ <b>Physical</b> - Complete today's fitness challenge.</p> <p>✔ <b>Mental</b> - At least 5 minutes of screen-free relaxation (meditation, deep breathing, reading, journaling, etc).</p> <p>✔ <b>Nutrition</b> - Eat real food, mostly plants, not too much. Make water your drink of choice</p>			<p><b>1</b></p> <p>1-Minute Plank 10 Leg Raises 20 Squats</p> <p>● ● ●</p>	<p><b>2</b></p> <p>20 Sit Ups 15 Push Ups 30 Lunges</p> <p>● ● ●</p>	<p><b>3</b></p> <p>20 Flutter Kicks 10 Leg Raises 5 Squat Jumps</p> <p>● ● ●</p>	<p><b>4</b></p> <p><i>REST DAY!</i></p> <p>● ● ●</p>
<p><b>5</b></p> <p><i>ASSKICKER'S OUTDOOR OBSTACLE ADVENTURE</i></p>	<p><b>6</b></p> <p>1-Minute Plank 15 Push Ups 20 Squats</p> <p>● ● ●</p>	<p><b>7</b></p> <p>35 Sit Ups 20 Leg Raises 55 Lunges</p> <p>● ● ●</p>	<p><b>8</b></p> <p><i>REST DAY!</i></p> <p>● ● ●</p>	<p><b>9</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>	<p><b>10</b></p> <p>1-Minute Plank 10 Push Ups 25 Lunges</p> <p>● ● ●</p>	<p><b>11</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>
<p><b>12</b></p> <p>22 Flutter Kicks 15 Leg Raises 20 Squats</p> <p>● ● ●</p>	<p><b>13</b></p> <p>5 Sit Ups 5 Push Ups 5 Squat Jumps</p> <p>● ● ●</p>	<p><b>14</b></p> <p>30 Minutes Yoga</p> <p>● ● ●</p>	<p><b>15</b></p> <p>1-Minute Plank 10 Leg Raises 20 Squats</p> <p>● ● ●</p>	<p><b>16</b></p> <p>24 Flutter Kicks 15 Push Ups 45 Lunges</p> <p>● ● ●</p>	<p><b>17</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>	<p><b>18</b></p> <p>40 Sit Ups 20 Leg Raises 20 Squats</p> <p>● ● ●</p>
<p><b>19</b></p> <p><i>REST DAY!</i></p> <p>● ● ●</p>	<p><b>20</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>	<p><b>21</b></p> <p>1-Minute Plank 15 Push Ups 35 Lunges</p> <p>● ● ●</p>	<p><b>22</b></p> <p>25 Sit Ups 20 Leg Raises 20 Squats</p> <p>● ● ●</p>	<p><b>23</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>	<p><b>24</b></p> <p><i>REST DAY!</i></p> <p>● ● ●</p>	<p><b>25</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>
<p><b>26</b></p> <p>34 Flutter Kicks 20 Push Ups 85 Lunges</p> <p>● ● ●</p>	<p><b>27</b></p> <p>30 Minutes Run/Walk/Bike</p> <p>● ● ●</p>	<p><b>28</b></p> <p>30 Minutes Yoga</p> <p>● ● ●</p>	<p><b>29</b></p> <p>50 Sit Ups 10 Leg Raises 15 Squat Jumps</p> <p>● ● ●</p>	<p><b>30</b></p> <p>1-Minute Plank 20 Push Ups 100 Squats</p> <p>● ● ●</p>	<p><b>LIFE IS SHORT</b> <i>make it sweet.</i></p>	



Badass Physiotherapists thinking outside of the box to get you better fast.  
[www.excitephysio.com](http://www.excitephysio.com)

On our Run/Walk/Bike Days, do 30 minutes of continuous physical activity, preferably outdoors. Choose something that raises your heart rate a little, and keep it there for at least 30 minutes. If you're walking, consider adding some hills to your route. **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!