

ASSKICKER FITNESS CHALLENGE

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

March 2022

www.asskickeractivewear.com



ASSKICKER ACTIVEWEAR
Work hard. Play hard. Kick ass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BE STRONGER <i>than your excuses.</i>		1 10 Sit Ups 10 Push Ups 25 Squats	2 20 Sit Ups 15 Push Ups 30 Squats	3 20 Sit Ups 5 Push Ups 35 Squats	4 25 Sit Ups 10 Push Ups 40 Squats	5 10 Sit Ups 5 Push Ups 20 Squats
6 30 Sit Ups 15 Push Ups 50 Squats	7 35 Sit Ups 20 Push Ups 55 Squats	8 40 Sit Ups 30 Push Ups 60 Squats	9 <i>REST DAY!</i>	10 10 Sit Ups 10 Push Ups 25 Squats	11 40 Sit Ups 20 Push Ups 65 Squats	12 45 Sit Ups 15 Push Ups 70 Squats
13 5 Sit Ups 5 Push Ups 5 Squats	14 10 Sit Ups 10 Push Ups 10 Squats	15 30 Sit Ups 20 Push Ups 20 Squats	16 25 Sit Ups 15 Push Ups 45 Squats	17 40 Sit Ups 20 Push Ups 60 Squats	18 <i>REST DAY!</i>	19 5 Sit Ups 5 Push Ups 5 Squats
20 20 Sit Ups 10 Push Ups 25 Squats	21 20 Sit Ups 15 Push Ups 35 Squats	22 25 Sit Ups 20 Push Ups 45 Squats	23 40 Sit Ups 10 Push Ups 55 Squats	24 50 Sit Ups 10 Push Ups 65 Squats	25 60 Sit Ups 15 Push Ups 65 Squats	26 70 Sit Ups 20 Push Ups 85 Squats
27 <i>REST DAY!</i>	28 80 Sit Ups 25 Push Ups 95 Squats	29 90 Sit Ups 30 Push Ups 95 Squats	30 60 Sit Ups 15 Push Ups 65 Squats	31 100 Sit Ups 30 Push Ups 100 Squats	KEEP YOUR SQUATS LOW <i>& your standards high</i>	



excite
PHYSIOTHERAPY

Badass Physiotherapists thinking outside
of the box to get you better fast.
www.excitephysio.com

Your goal is to go back to basics this March! Whether you're training for our upcoming Obstacle Race or just want to get more active this month, you're in the right place. We start off easy and build up the reps while we get stronger throughout the month. **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!