

ASSKICKER FITNESS CHALLENGE

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

MAY 2022

www.asskickeractivewear.com



ASSKICKER ACTIVEWEAR
Work hard. Play hard. Kick ass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1-Minute Plank 10 Rows 20 Squats	2 20 Sit Ups 15 Push Ups 30 Lunges	3 1-Minute Side Plank (x2) 10 Rows 5 Squat Jumps	4 <i>REST DAY!</i>	5 30 Minutes Run/Walk/Bike	6 1-Minute Plank 15 Push Ups 20 Squats	7 35 Sit Ups 20 Rows 55 Lunges
8 Happy Mother's Day! <i>REST DAY!</i>	9 30 Minutes Run/Walk/Bike	10 1-Minute Plank 10 Push Ups 25 Lunges	11 30 Minutes Run/Walk/Bike	12 1-Minute Side Plank (x2) 15 Rows 20 Squats	13 5 Sit Ups 5 Push Ups 5 Squat Jumps	14 30 Minutes Run/Walk/Bike
15 1-Minute Plank 10 Rows 20 Squats	16 1-Minute Side Plank (x2) 15 Push Ups 45 Lunges	17 Workout in the Park / Asskicker Photoshoot <i>Join us if you're local! 😊</i>	18 40 Sit Ups 20 Rows 20 Squats	19 <i>REST DAY!</i>	20 30 Minutes Run/Walk/Bike	21 1-Minute Plank 15 Push Ups 35 Lunges
22 25 Sit Ups 20 Rows 20 Squats	23 30 Minutes Run/Walk/Bike	24 <i>REST DAY!</i>	25 30 Minutes Run/Walk/Bike	26 1-Minute Side Plank (x2) 20 Push Ups 85 Lunges	27 30 Minutes Run/Walk/Bike	28 50 Sit Ups 10 Rows 15 Squat Jumps
29 30 Minutes Run/Walk/Bike	30 1-Minute Plank 20 Push Ups 80 Lunges	31 90 Sit Ups 30 Push Ups 100 Squats	TRAINING FOR ASSKICKER'S OBSTACLE ADVENTURE? We have just over a month left! Pull-ups and dead hangs should now get incorporated into your training, as these movements are part of many obstacles. Doorway Rows: Stand in front of your doorway and grab both sides. Place your feet a little closer to the doorway, so you're leaning back. Sit back so you put weight on your arms, then pull yourself forward. MORE ALTERNATIVES Dead Hangs: Start by hanging from the bar using both hands and see how long you can hold yourself in a dead hang. Pull-ups: Pull-ups have so many variations and advancements you can incorporate to make your training progressively harder. Start with pull-ups using resistance bands and progress to full pull-ups and chin-ups without assistance.			



Badass Physiotherapists thinking outside of the box to get you better fast.
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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. Next month, we'll add some new elements to our challenge including nutrition - so it's time to start thinking about what we're putting into our bodies. **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!