

# ASSKICKER FITNESS CHALLENGE | NOV. 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   |  |
|------------------------------------|--|--|---|---|---|--|--|
| <b>CARDIO</b><br><i>is hardie!</i> |  | <b>1</b><br>1 Min. Continuous Movement<br>10 Squats<br>5 Push Ups                    | <b>2</b><br><i>REST DAY!</i>  | <b>3</b><br>1 Min. Continuous Movement<br>25 Sit Ups<br>10 Lunges ea leg    | <b>4</b><br>1 Min. Continuous Movement<br>6 Push Ups<br>10 Reverse Crunches   | <b>5</b><br>1 Min. Continuous Movement<br>20 Lunges<br>7 Push Ups                    |  |
|                                    | <b>6</b><br>1 Min. Continuous Movement<br>10 Squats<br>35 Sit Ups    | <b>7</b><br><i>REST DAY!</i>   | <b>8</b><br>1 Min. Continuous Movement<br>20 Russian Twists<br>20 Bird Dog Crunches | <b>9</b><br>1 Min. Continuous Movement<br>10 Squats<br>8 Push Ups           | <b>10</b><br>1 Min. Continuous Movement<br>35 Russian Twists<br>10 Lunges ea leg  | <b>11</b><br><i>REST DAY!</i>  | <b>12</b><br>1 Min. Continuous Movement<br>35 Second Plank<br>30 Sit Ups                     |
|                                    | <b>13</b><br>1 Min. Continuous Movement<br>25 Sit Ups<br>20 Push Ups | <b>14</b><br>1 Min. Continuous Movement<br>30 Leg Lifts<br>25 Second Plank           | <b>15</b><br><i>REST DAY!</i>   | <b>16</b><br>1 Min. Continuous Movement<br>10 Reverse Crunches<br>20 Squats | <b>17</b><br><i>REST DAY!</i>   | <b>18</b><br>1 Min. Continuous Movement<br>9 Push Ups<br>30 Sit Ups                  | <b>19</b><br>1 Min. Continuous Movement<br>10 Reverse Crunches<br>30 Sec. Balance (each leg) |
|                                    | <b>20</b><br><i>REST DAY!</i>  | <b>21</b><br>1 Min. Continuous Movement<br>30 Second Plank<br>15 Reverse Crunches    | <b>22</b><br>1 Min. Continuous Movement<br>10 Russian Twists<br>10 Squats           | <b>23</b><br><i>REST DAY!</i>   | <b>24</b><br>1 Min. Continuous Movement<br>10 Squats<br>10 Push Ups   | <b>25</b><br>1 Min. Continuous Movement<br>25 Russian Twists<br>10 Bird Dog Crunches | <b>26</b><br><i>REST DAY!</i>  |
|                                    | <b>27</b><br>1 Min. Continuous Movement<br>10 Push Ups<br>15 Squats  | <b>28</b><br>1 Min. Continuous Movement<br>25 Russian Twists<br>15 Bird Dog Crunches | <b>29</b><br>1 Min. Continuous Movement<br>10 Lunges ea leg<br>25 Sit Ups           | <b>30</b><br>1 Min. Continuous Movement<br>15 Squats<br>10 Push Ups         | We're adding some cardio this month to help keep you moving when the days are getting shorter! This month, we're going to do <b>3 ROUNDS</b> of each exercise on each day! <b>CONTINUOUS MOVEMENT:</b> Choose a continuous movement that keeps you moving quickly but efficiently. If you find yourself having to stop before the minute is over, you may need to adjust your pace. This could include jumping jacks, high knees, butt kicks, step ups, running if you have a treadmill or biking if you have a stationry bike. You could also choose to do these workouts outside and run up and down stairs, do sprints, etc. |  |  |



excite  
PHYSIOTHERAPY

Our Strength Expert, **Christine Pratt** of **Excite Physiotherapy** will post videos to provide modifications and illustrate proper form, and will be in the group to answer any questions. Julie from Asskicker will be participating in the challenge along with you, and cheering you on!

 **SUBSCRIBE** to the Asskicker YouTube channel for access to all of our demo videos: [click here](#)

 **JOIN** the Asskicker Army Facebook Group to interact & win prizes: [click here](#)

**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!