

# ASSKICKER FITNESS CHALLENGE

# OCT. 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>PROGRESS,</b> <i>not perfection.</i>		<b>WHY ARE BALANCE &amp; STABILITY IMPORTANT?</b> A healthy balance system gives you more energy and strength while helping you move freely and confidently. There are immediate health benefits from maintaining your stability, including better mobility, fewer injuries and a greater ability to push yourself further during exercise which in turn increases your overall fitness level. Balance is like strength and flexibility – you can improve it if you challenge it. Working on your balance and stability become increasingly important as you age, when falling can become a more serious problem.				<b>1</b> 25 Second Plank 15 Sec. Balance (each leg) 25 Sit Ups	
<b>2</b> <i>REST DAY!</i>	<b>3</b> 10 Split Squats (each leg) 25 Russian Twists 25 Bird Dog Crunches	<b>4</b> 30 Second Plank 10 Single Leg Deadlift (ea. leg) 30 Reverse Crunches	<b>5</b> 20 Second Plank x2 20 Russian Twists 20 Sec. Balance (each leg)	<b>6</b> 35 Second Plank 15 Leg Lifts x2 35 Sit Ups	<b>7</b> <i>REST DAY!</i>	<b>8</b> 12 Split Squats (each leg) 20 Russian Twists 20 Bird Dog Crunches	
<b>9</b> 40 Second Plank 20 Leg Lifts 12 Single Leg Deadlift (ea. leg)	<b>10</b> 25 Sec. Balance (each leg) 35 Russian Twists 30 Bird Dog Crunches	<b>11</b> <i>REST DAY!</i>	<b>12</b> 35 Second Plank 15 Split Squats (each leg) 30 Sit Ups	<b>13</b> 12 Single Leg Deadlift (ea. leg) 25 Russian Twists 20 Bird Dog Crunches	<b>14</b> 25 Second Plank x2 30 Leg Lifts 25 Sec. Balance (each leg)	<b>15</b> <i>REST DAY!</i>	
<b>16</b> 18 Split Squats (each leg) 35 Russian Twists 20 Bird Dog Crunches	<b>17</b> <i>REST DAY!</i>	<b>18</b> 30 Second Plank x2 15 Single Leg Deadlift (ea. leg) 30 Sit Ups	<b>19</b> 20 Reverse Crunches 20 Russian Twists 30 Sec. Balance (each leg)	<b>20</b> <i>REST DAY!</i>	<b>21</b> 40 Second Plank x2 20 Split Squats (each leg) 20 Reverse Crunches	<b>22</b> 10 Single Leg Deadlift (ea. leg) 10 Russian Twists 20 Bird Dog Crunches	
<b>23</b> <i>REST DAY!</i>	<b>24</b> 30 Second Plank 20 Leg Lifts 30 Sec. Balance (each leg)	<b>25</b> 20 Split Squats (each leg) 25 Russian Twists 10 Bird Dog Crunches	<b>26</b> <i>REST DAY!</i>	<b>27</b> 45 Second Plank x2 20 Leg Lifts 15 Single Leg Deadlift (ea. leg)	<b>28</b> 30 Sec. Balance (each leg) x2 50 Russian Twists 50 Bird Dog Crunches	<b>29</b> 50 Reverse Crunches 25 Split Squats (each leg) 50 Bird Dog Crunches	
<b>30</b> 10 Split Squats (each leg) 30 Sec. Balance (each leg) 10 Single Leg Deadlift (ea. leg)	<b>31</b> 45 Second Plank 15 Single Leg Deadlift (ea. leg) 20 Split Squats (each leg)	 <b>excite</b> PHYSIOTHERAPY				<p><b>Our Strength Expert, Christine Pratt of Excite Physiotherapy</b> 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!</p> <p> <b>SUBSCRIBE</b> to the Asskicker YouTube channel for access to all of our demo videos: <a href="#">click here</a></p> <p> <b>JOIN</b> the Asskicker Army Facebook Group to interact &amp; win prizes: <a href="#">click here</a></p>	

**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!