

January 2018 Fitness Challenge

Date	Sit Ups	Crunches	Squats	Plank
January 8	20	20	25	1 minute
9	30	30	40	1:15
10	40	50	60	1:25
11	50	60	70	1:30
12	5	5	5	1 minute
13	10	10	10	1:15
14	25	30	45	1:30

Date	Sit Ups	Crunches	Squats	Plank
15	25	30	45	1:30
16	40	50	60	1:45
17	10	10	25	2 minutes
18	20	15	35	2 minutes
19	25	40	45	2:30
20	Rest	Rest	Rest	rest
21	15	60	65	2:45

Date	Sit Ups	Crunches	Squats	Plank
22	25	40	45	3 minutes
23	10	40	55	3:15
24	10	50	65	3:30
25	15	60	65	3:30
26	20	70	85	3:45
27	25	40	45	4 minutes
28	Rest	Rest	Rest	Rest

Date	Sit Ups	Crunches	Squats	Plank
29	25	80	95	4:15
30	30	90	95	4:30
31	40	100	100	5 minutes