

An Impact Free Zone!

# FitLife Challenge Day 1 Training

## Day 1

The goal today is to lift with excellent form. Really SQUEEZE your muscles!  
 Each Group of exercises consist of 30 seconds of “work” and 30 seconds of “rest”.  
 Be sure to log the number of reps you complete!

EXERCISE	WEIGHT USED	NUMBER OF REPS		
Group #1	(If applicable)	Round #1	Round #2	Round #3
Seated alternating knee lifts				
Seated arm circles forward				
Seated arm circles backwards				
Marching in Place (1 minute straight)	N/A			
Rest	N/A	30 Seconds	30 Seconds	30 Seconds
		Repeat Group #1	Repeat Group #1	Begin Group #2
Group #2	Weight	Round #1	Round #2	Round #3
Standing Overhead Alternating Dumbbell Press				
Seated Row with Resistance Band	N/A			
Push-Ups Leaning Against Counter	N/A			
Marching in Place (1 minute straight)	N/A			
Rest	N/A	30 Seconds	30 Seconds	30 Seconds
		Repeat Group #2	Repeat Group #2	Finished!!!
<b>TOTAL TIME TO COMPLETE = 24 Minutes</b>				

# FitLife Challenge Day 2 Training

## Day 2

The goal today is to perform the most reps in the allotted time.  
 Each Group of exercises consist of 30 seconds of “work” and 30 seconds of “rest”.  
 Rest 30 seconds between Rounds. Be sure to log the number of reps you complete!

EXERCISE	WEIGHT USED	NUMBER OF REPS		
<b>Group #1</b>	(If applicable)	Round #1	Round #2	Round #3
Seated Lateral Raises				
Seated Front Raises				
Seated Overhead Alternating Dumbbell Press				
Windmills	N/A			
Marching in Place (1 minute)	N/A			
Rest	N/A	30 Seconds	30 Seconds	30 Seconds
		Repeat Group #1	Repeat Group #1	Begin Group #2
<b>Group #2</b>	Weight	Round #1	Round #2	Round #3
Standing Alternating Bicep Curls with Dumbbells				
Standing Arm Circles Forward	N/A			
Standing Arm Circles Backwards	N/A			
Marching in Place (1 minute)	N/A			
Rest	N/A	30 Seconds	30 Seconds	30 Seconds
		Repeat Group #2	Repeat Group #2	Finished!!!
<b>TOTAL TIME TO COMPLETE - 27 Minutes</b>				