

# September 2016 Monthly Challenge Options

- Option 1: Complete the "Wellness Challenge" at least 3 times a week for the entire month of September 2016



- Option 2: Complete the "Daily Mini Challenges" for the entire month of September 2016

DAILY MINI CHALLENGES	
1. 100 bodyweight squats	17. 50 single leg deadlifts
2. 25 push-ups	18. 60 sec plank
3. 50 leg drops	19. 100 Supermans
4. 50 lunges, each leg	20. 50 tricep dips
5. 100 jump squats	21. 60 sec side plank, each side
6. 100 calf raises	22. 50 step-ups, each leg
7. 50 burpees	23. 50 side to side lateral jumps
8. 100 jumping jacks	24. 50 toe touches
9. jumping rope, 200 jumps	25. 50 alternating lunges
10. 50 deadlifts	26. 50 split jumps
11. 50 crunches	27. 50 cross-over crunches
12. 60 sec wall sit	28. 100 pulsing squats
13. 50 walking lunges, each leg	29. 30 push-ups with rotation
14. 50 bicycles	30. 50 inverted push-ups
15. 50 pull-ups	31. 50 one-legged bridge
16. 100 mountain climbers	

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!