RRC RECREATION SERVICES 30-DAY FITNESS CHALLENGE

STRENGTH

30-DAY FITNESS CHALLENGE

	DAY 1 Advanced - 25 Crunches Beginner - 15 Crunches	**DAY 2** Advanced - 30 Crunches Beginner - 20 Crunches	**DAY 3** Advanced - 35 Crunches Beginner - 25 Crunches	**DAY 4** REST DAY	**DAY 5** Advanced - 40 Crunches Beginner - 25 Crunches	**DAY 6** Advanced - 45 Crunches Beginner - 30 Crunches
DAY 7 Advanced - 50 Crunches Beginner - 30 Crunches	**DAY 8** REST DAY	**DAY 9** Advanced - 50 Crunches Beginner - 35 Crunches	**DAY 10** Advanced - 65 Crunches Beginner - 35 Crunches	**DAY 11** Advanced - 70 Crunches Beginner - 40 Crunches	**DAY 12** REST DAY	**DAY 13** Advanced - 80 Crunches Beginner - 40 Crunches
DAY 14 Advanced - 90 Crunches Beginner - 45 Crunches	**DAY 15** Advanced - 95 Crunches Beginner - 50 Crunches	**DAY 16** REST DAY	**DAY 17** Advanced - 100 Crunches Beginner - 55 Crunches	**DAY 18** Advanced - 105 Crunches Beginner - 60 Crunches	**DAY 19** Advanced - 110 Crunches Beginner - 65 Crunches	**DAY 20** REST DAY
DAY 21 Advanced - 115 Crunches Beginner - 70 Crunches	**DAY 22** Advanced - 120 Crunches Beginner - 75 Crunches	**DAY 23** Advanced - 125 Crunches Beginner - 75 Crunches	**DAY 24** REST DAY	**DAY 25** Advanced - 130 Crunches Beginner - 80 Crunches	**DAY 26** Advanced - 135 Crunches Beginner - 85 Crunches	**DAY 27** Advanced - 140 Crunches Beginner - 90 Crunches
DAY 28 REST DAY	**DAY 29** Advanced - 145 Crunches Beginner - 95 Crunches	**DAY 30** Advanced - 150 Crunches Beginner - 100 Crunches				

Cross out the days completed. After completing the challenge submit this form for a chance to win a prize. Any amount of days qualifies. Submit to ***rebels@rrc.ca***

rrc.ca/rebels