



Fall into Fitness Challenge



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 20 Squats	2 10 Push Ups	3 30 Second Plank	4 20 Reverse Lunges	5 30 Second Wall Sit	6 50 Mountain Climbers	7 100 Jumping Jacks
8 50 Calf Raises	9 20 Minute Walk	10 10 Split Squats	11 30 Glute Raises	12 10 Squat Jumps	13 10 Lateral Bounds	14 20 Reverse Crunches
15 1 Minute Bear Crawl	16 30 Second Quick Feet	17 20 Minutes of Yoga	18 YOUR CHOICE - 50 Reps or Minutes	19 5 Burpees	20 50 High Knees	21 10 Inchworm Push Ups
22 20 Bird Dogs	23 100 Mountain Climbers	24 10 Side Lying Leg Lifts	25 10 Forward Lunges	26 15 Crunchy Frogs	27 20 Supermans	28 150 Jumping Jacks
29 30 Russian Twists	30 50 Arm Circles	How Many Days Did You Complete? _____				

