

FIT TEST CHALLENGE

Start date: January 6th, 2020

End Date: February 3rd, 2020

If you are more of a beginner or this is your first FIT TEST do each exercise over **30 seconds**. If you are looking to challenge yourself or feel more advanced in a workout regime, complete each exercise over **45 seconds**. You will need someone to time you and count.

Make sure to write your results down in your journal. You will be revisiting these exercises in one month to see how much you have improved. If you are unsure of an exercise please, please, please ask for assistance on proper form or technique.

1. Jumping jacks
2. Push-ups (regular or bent knees)
3. Squats (with weight or body weight)
4. Full sit up
5. Lunges
6. Plank
7. Burpees

Next Steps: Make sure you have joined the CNC Fit Challenge Facebook Group and the CNC Instagram page! Hashtag your workouts, photos, recipes, tips with **#cncfit**. This is where daily workouts, training tips and nutritional information will be posted. Register with the Challenge Leader on your campus. They will give you the supplies for the challenge.

You are encouraged to post and comment on these events! The page is a great way to support and motivate not only yourself but other participants as well.

Good luck to you!

WEIGHT LOSS CHALLENGE

Start date: January 6th, 2020

End date: February 3th, 2020

This challenge is specific to weight loss. Your goal at the end of one month is to have lost **4%** of your **body weight**.

You will need to weigh yourself on January 6th and again on February 3rd. If you can use the same scale each time, that is the best. Feel free to weigh yourself weekly if you think that will be a motivator for you, or wait until the month is over and see how you have rocked this challenge!

Use your journal to write your workouts down in, weigh ins, meals etc.

Next Steps: Make sure you have joined the CNC Fit Challenge Facebook Group and the CNC Instagram page! Hashtag your workouts, photos, recipes, tips with **#cncfit**. This is where daily workouts, training tips and nutritional information will be posted. Register with the Challenge Leader on your campus. They will give you the supplies for the challenge.

You are encouraged to post and comment on these events! The page is a great way to support and motivate other participants.

Good luck to you!

FIT TEST CHALLENGE

Start date: January 6th, 2020

1. Jumping jacks _____
2. Push-ups (regular or bent knees) _____
3. Squats (with weight or body weight) _____
4. Full sit up _____
5. Lunges _____
6. Plank _____
7. Burpees _____

End Date: February 3rd, 2020

1. Jumping jacks _____
2. Push-ups (regular or bent knees) _____
3. Squats (with weight or body weight) _____
4. Full sit up _____
5. Lunges _____
6. Plank _____
7. Burpees _____