

Cedric's Challenge

2X 10 push-ups, 15 seconds plank, 15 seconds side plank, 15 seconds reverse plank, 15 seconds side plank (other side), 10 seconds plank.

Reverse/opposite-side direction second set

1 squat, 1 pushup, 1 crunch, 2 squats, 2 pushups, 2 crunches, and so on. See how far up you can go!

First time suggested: 8. Second and beyond: 2 sets of starting at 1, ending at 8, with a short rest in between.

3X 10 3-second hip raises, 10 second hip raise hold

Fitclass Challenge

Spring 2017

First Week:

True Start

Walk 15 minutes each day

Special Challenge

Perform Cedric's Challenge 3 times, any order you wish

Nutritional Challenge

No snack crackers, chips, cookies, prepackaged bars, regardless of their "healthiness"

including but not limited to: Triscuits, Cheetos, Clif Bars, Milanos, Fig Newtons, Granola Bars, Tortilla Chips, Quinoa Chips, Multigrain crackers, etc.