

# Autumn 14 DAY BURN CHALLENGE



Day:

**Day 1** Dive through press-up – 10 reps

**Day 2** Sit to stand – 10 reps

**Day 3** Crab crawl & toe touch – 10 reps

**Day 4** Squat kick & press + Lateral lunge to curtsy lunge – 10 reps each

**Day 5** Rest or Short Walk

**Day 6** Dive through press-up – 15 reps

**Day 7** Sit to stand – 15 reps

**Day 8** Crab crawl & toe touch – 15 reps

**Day 9** Squat kick to press + Lateral lunge to curtsy lunge – 15 reps each

**Day 10** Rest or Short Walk

**Day 11** Dive through press-up – 20 reps

**Day 12** Sit to stand – 20 reps

**Day 13** Crab crawl & toe touch – 20 reps

**Day 14** Squat kick & press + Lateral lunge to curtsy lunge – 20 reps each

## CHOOSE YOUR LEVEL

**Level 1 – Ease In:** 1 round of the day's reps, focus on control & technique.

**Level 2 – Build Up:** 2 rounds with only short rests in between.

**Level 3 – Power Through:** 3 rounds, add light weights or go at a brisker pace

