Chip Away 10 Day Challenge

1000 Crunches

500 Jump Squats (Modified option Basic)

500 Pushup Knee Tuck (mod. Pushup knees down)

300 Plank hips drops side to side (Mod. 30 Total- 1 min Plank)

100 Burpees (Mod. Walkout to high plank)

500 Walking Lunge Bicep curl (Mod Reverse Lunge Curl)

500 Ab Bicycles on back

30 Miles Run (Mod. Hike)

PRINT THIS! Use this paper to write down your totals each day, do as much you can! Don’t wait until the last minute! Try and spend 20-30 min each day, or split it up throughout the day!

I’m proud of you already! Keep your progress going! Please email or text any questions or swaps.