



STEP IT UP CHALLENGE

Week 11 - TNT - March 21 - 27

STEP IT UP CHALLENGE - 1 point per option completed

- ◆ Complete a minimum of 4 options.
- ◆ You can complete each option as many times as you want.
- ◆ You don't have to do an option all at the same time. Each option can be broken up throughout the day.
- ◆ You will earn 1 point every time you complete any option. No limits!!!

- Option 1 - Complete at least 100 step-ups on a short step (2-3 inches) OR 50 step-ups on a high step (4-6 inches)
- Option 2 - Walk or run at least 1000 "intentional" steps (approx. ½ mile)
- Option 3 - 50 jumping jacks (can be modified)
- Option 4 - 50 squats (can be modified)
- Option 5 - 50 crunches (can be modified)
- Option 6 - 50 push ups (can be modified)
- Option 7 - Climb 5 flights of stairs (approx. 50 steps - decent not included)
- Option 8 - Ride a bike (stationary or otherwise) for 15 minutes
- Option 9 - Walk on a treadclimber or an elliptical for 10 minutes
- Option 10 - Jump rope for 5 minutes (can be modified)

Option	1	2	3	4	5	6	7	8	9	10
X's Completed										
Points Earned										

Total Points	
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POINTS OPTIONAL! It just gives you an idea of how many you accomplished.