

# 20-Minute Fit Challenge.

Week \_\_\_\_\_

For each of the 8 exercises, list your # of reps and how you feel (scale 1-5). We are measuring your improvements and this includes how much better it feels week over week!

## OPTION 1: LOW IMPACT

LATERAL SQUATS

PUSHUPS

SQUAT HEEL

DIPS

REVERSE LUNGES

KNEE DRIVES

KNEE PULLS

LOW IMPACT BURPEE

## OPTION 2: HIGH IMPACT

SQUAT JACK REACH

PLYO PUSHUP JACK

DIAMOND JUMPS

QUICK DIPS

PLYO LUNGES

MOUNTAIN CLIMBERS

TUCK JUMP

BURPEE

## Heart Rate & Heart Rate Recovery

*Bod by Bree*

1st Heart Rate: \_\_\_\_\_ 2nd Heart Rate: \_\_\_\_\_ Heart Rate Recovery: \_\_\_\_\_

Your Heart Rate Recovery is the difference between your 1st and 2nd HR numbers.. The goal is to have a larger gap indicating your Heart Rate Recovery is improving!