

# MIGHTY MAY CHALLENGE

CHALLENGE RUNS FROM MAY 1 - MAY 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 10 lower leg raises & 20 squats	<b>2</b> 10 push-ups & 10 single leg deadlift each	<b>3</b> 20 second plank & 20 second toe-taps	<b>4</b> 20 seconds of burpees & 25 squats
<b>5</b> 20 bicycle crunches & 25 seconds of mountain climbing	<b>6</b> 12 push ups & 12 alternating lunges	<b>7</b> Stretch for 4 minutes	<b>8</b> 30-sec plank & 30 squats	<b>9</b> 30 seconds of burpees & 30 toe taps	<b>10</b> 15 lower leg raises & 60 seconds of jump rope	<b>11</b> 15 push-ups & 15 single leg deadlift each
<b>12</b> 45 second plank & 20 kettle bell swings	<b>13</b> 25 bicycle crunches & 35 squats	<b>14</b> 40 seconds burpees & 40 seconds of mountain climbing	<b>15</b> 50 sec plank & 18 alternating lunges	<b>16</b> Stretch for 6 minutes	<b>17</b> 20 lower leg raises & 80 seconds of jump rope	<b>18</b> 50 seconds of burpees & 40 squats
<b>19</b> 60 sec plank & 45 seconds of toe taps	<b>20</b> 18 push ups & 45 sumo squats	<b>21</b> 50 seconds of mountain climbing & 24 alternating lunges	<b>22</b> 30 bicycle crunches & 50 seconds of toe taps	<b>23</b> 20 push ups & 50 squats	<b>24</b> 75 sec plank & 30 kettle bell swings	<b>25</b> Stretch for 8 minutes
<b>26</b> 30 lower leg raises & 100 seconds of jumping rope	<b>27</b> 60 seconds of burpees & 30 alternating lunges	<b>28</b> 85 sec plank & 60 seconds of mountain climbing	<b>29</b> 25 push ups & 20 single leg deadlifts each	<b>30</b> 40 bicycle crunches & 60 seconds of toe taps	<b>31</b> 100 second plank & 60 squats	

## RULES

### How it works:

- ◆ \$5 to enter – Must be entered by 5/1/2019
- ◆ Complete a minimum of 20 days and automatically receive your choice of one of the following prizes:
  - \$10 Millhouse Gift Card
  - Blender Bottle
  - 5 pack of resistance bands
  - \$10 Dick's Gift Card

### \$100 Gift Card Grand Prize:

- ◆ For each day you complete you will be entered into the drawing for the grand prize.
- ◆ Must complete a minimum of 16 days to be in the grand prize drawing
- ◆ All workouts must be completed at OHF



**Ontario Health & Fitness**