

2020 October Weekly Fitness Challenge

During the month of October 2020, in preparation for returning from this long break, here is a series of workout challenges to get back or stay in shape. These workouts will focus on different muscular and cardio fitness, one plan per week, increasing in difficulty. Active Duty workout will focus mainly on preparing to perform the AFPFT. The family workout focuses on having some family fun together but requiring physical challenge, taking turns adding your scores up as a family.

Remember if you run where there are other people, be responsible, wear a mask, and social distance.

Participants are encourage to send photos of themselves and their friends/family completing each of the challenges. Photos showing the most enthusiastic participants will be awarded FSS prizes. Send photos to www.facebook.com/66FSSHanscom/Photos no later than October 30.

Weekly exercises and instructions are listed below: (FAMILIES can take turns, if the goal is 300 then each member can do 20 a day, it all adds up)

Week 1:

- Push-ups: All the way up and down until arms parallel to ground.
- Air Squats: Squat down, Like you are sitting down on a chair, head and chest up, then back up.
- Crunches: Have someone hold your feet or a sofa, arms crossed on your chest, sit up until elbows touch thighs.
- 1 Mile run: Use GPS and run anywhere, the street, track or a treadmill.
- Burpies: Stand up, reach down to ground with both hands placed in front of you, with hands on ground jump feet back to push up position, then backwards, to the standing position.

Week 2:

- Push-ups: All the way up and down until arms parallel to ground.
- Air Squats: Like you are sitting down on a chair, head and chest up, then back up.
- Crunches: Have someone hold your feet or a sofa, arms crossed on your chest, sit up until elbows touch thighs.
- 1.5 Mile run: Use GPS and run anywhere, the street, track or a treadmill.
- Jumping Jacks: Stand up, jump in air spreading feet part and raising hands to the side, clapping hands over head, then feet together and hands back down, back to the standing position.
- Riding Bike: Ride as a family or as individuals for a total of 2 miles
- Freeze Tag: 30 minutes of fun for indoors or out. One person is "it" and must tag all others and "freeze" them in place to win. If non-frozen member tags member that is frozen they are unfrozen and join back in the game.
- Run Around the House: Take turns running around the outside of the house, do as many laps as you can and hand off to the next family member.

Week 3:

- Push-ups: All the way up and down until arms parallel to ground.
- Air Squats: Like you are sitting down on a chair, head and chest up, then back up.
- Crunches: Have someone hold your feet or a sofa, arms crossed on your chest, sit up until elbows touch thighs.
- 2 Mile run: Use GPS and run anywhere, the street, track or a treadmill.
- Flutter Kicks: Lay on ground, hands under your butt, raise legs up with knee slightly bent then take turns raising each leg up and down.
- Frisbee Throw: 30 minutes of fun for indoors or out. Throw Frisbee or paper plates to each other.
- Air Jumps: Take turns jumping as high in the air as you can bringing your knees to your stomach.

Week 4:

- Push-ups: All the way up and down until arms parallel to ground.
- Air Squats: Like you are sitting down on a chair, head and chest up, then back up.
- Crunches: Have someone hold your feet or a sofa, arms crossed on your chest, sit up until elbows touch thighs.
- 2.5 Mile run: Use GPS and run anywhere, the street, track or a treadmill.
- Pull-ups: Assisted or not, hang with feet on or off ground, pulling your chin over the bar and then back to hanging position.
- Frisbee Throw: 30 minutes of fun for indoors or out. Throw Frisbee or paper plates to each other.
- Lunges: From a standing position, step forward with your right foot, leaning forward with head and chest up, then step back to the standing position.
- 5K Run: Run or walk as a family or individual. Use GPS to keep track of run and take picture of route, time and distance.