lancerfit

Lancers: Choose one of the two challenges for each day. These challenges can be done in addition to your normal workout routine. More than one challenge can be completed each day. We want you to achieve your personal fitness & spiritual goals. Each person who completes all the challenges will be entered into a drawing for a grand prize!

Want to challenge yourself? Try the **EXTREME*** challenge.

**No extra points will be awarded for completing the EXTREME challenge.*

DAY 1

1 mile run with 25 burpees OR 1 mile run with 25 slam ball squats

EXTREME: 2 mile run with 6lb. slam ball

Verse of the Day: Galatians 5:7

COMPLETED ☐

DAY 2

Run half lap on roof ; 10 push-ups; Run half lap on roof; 10 push- ups; 100 meter sprint; 30 crunches OR Sprint lap on roof; 10 jumping jacks; 10 lunges; 10 mountain climbers; 10 bicycle kicks

EXTREME: 2 minutes of burpees; 2 laps on roof; 2 minutes jumping rope; 2 laps on roof; repeat twice

Verse of the Day: I Corinthians 9:24

COMPLETED ☐

DAY 3

15 alternating step ups on plyo box; 15 squats; plank for 60 seconds ORRun ½ mile and do 30 burpees

EXTREME: Jog 2 miles; 30 jumping lunges; 30 burpees; 30 bodyweight squats; 30 mountain climbers

Verse of the Day: Hebrews 12:1

COMPLETED ☐

DAY 4

4 sets of 10 on standing calf raise machine OR Do walking lunges the length of the gym while curling dumbbells

EXTREME: Figure 8's through legs with a 25 lb. kettle bell for 1 minute

Verse of the Day: Proverbs 4:20-22

COMPLETED ☐

DAY 5

Hit punching bag for 5 minutes OR Take a boxing boot camp class

EXTREME: Hit punching bag for 10 minutes

Verse of the Day: Isaiah 38:16

COMPLETED ☐

DAY 6

Use a battle rope for 5 minutes (with 1 min. intervals) OR Do a plyo-box workout for 10 minutes

EXTREME: Row machine for 10 minutes and jump rope for 5 minutes (with 1 min. intervals)

Verse of the Day: Psalm 41:1-3

COMPLETED ☐

DAY 7

Use TRX band to complete 30 pull ups OR 20 TRX band push ups

EXTREME: Use TRX band to complete 40/40 exercise (40 push- ups and 40 knee –ins)

Verse of the Day: Proverbs 3:7-8

COMPLETED ☐

DAY 8

75 plyo-box jumps in 8 minutes OR 40 frog jumps with 10 lb. medicine ball

EXTREME: 40 split squats using 10 lb. medicine ball in 2 minutes

Verse of the Day: Proverbs 16:24

COMPLETED ☐

DAY 9

110 sit ups in 5 minutes OR Hold a plank for 90 seconds

EXTREME: 50 oblique twist sit ups with an 8 lb. medicine ball in 6 minutes

Verse of the Day: Proverbs 17:22

COMPLETED ☐

DAY 10

30 Reverse crunches OR 5 sets of 15 physio ball cobras

EXTREME: Ab bicyles for 90 seconds; 50 mountain climbers; 1 mile run; 50 squats

Verse of the Day: Proverbs 15:30

COMPLETED ☐

DAY 11

2 minutes of high knees without stopping and leg circles for 30 seconds OR 2 sets of (10) burpees on bosu ball (Push up on bosu ball and lift above head when standing)

EXTREME: Take a cardio kickboxing class

Verse of the Day: Jeremiah 30:17

COMPLETED ☐

DAY 12

Complete 1 auto belay route on rock wall OR Complete 2 auto belay routes

EXTREME: Complete 1 bouldering route

Verse of the Day: Psalm 18:2

COMPLETED ☐

DAY 13

Make 25 free throws (no time limit) OR Make 10 3-pointers in 5 minutes

EXTREME: Make 3 half court shots in 20 attempts (Do not necessarily have to make all 20 but at least try all attempts)

Verse of the Day: Ephesians 5:29-30

COMPLETED ☐

DAY 14

3 sets of (20) lat pull downs OR 3 sets of 15 seated rows

EXTREME: Adjust the rope machine and do rope pulls while holding a squat for 3 minutes then do 3 minutes of seated rows on rowing machine

Verse of the Day: I Corinthians 12:21-26

COMPLETED ☐

DAY 15

30 crunches; 30 bicycles; 30 side crunches OR Plank with (24) alternating leg raises; 1 minute of scissor kicks; 40 crunches using ab mat

EXTREME: Sprint one lap on roof; 20 burpees; 20 bicycle kicks; 20 sit ups; and 20 reverse crunches

Verse of the Day: Luke 11:34

COMPLETED ☐

DAY 16

Walk on treadmill at 15 degree incline for 20 minutes OR Run on treadmill with 2 degree incline for 8 minutes

EXTREME: Run 20 laps in less than 20 minutes on roof track

Verse of the Day: I Thessalonians 4:4

COMPLETED ☐

DAY 17

Take a Cycling class OR Run (5) 20 second sprints on roof

EXTREME: Perform (2 sets of 15) straight leg deadlifts then run (5) 20 second sprints on roof

Verse of the Day: Ephesians 1:22-23

COMPLETED ☐

DAY 18

Go to roof and run (5) lengths of soccer field in 4 minutes OR Run 5 sets of lines in basketball gym in 3.5 minutes

EXTREME: Run 10 laps on roof holding a 6lb. slam ball

Verse of the Day: Matthew 6:25

COMPLETED ☐

DAY 19

20 assisted dips OR 3 sets of 10 diamond push-ups

EXTREME: 50 Bosu ball push-ups in 2 minutes

Verse of the Day: Matthew 10:28

COMPLETED ☐

DAY 20

25 Dumbbell curls OR 25 preacher curls

EXTREME: Do 50 (25 each arm) bent over rows (keep lower back straight)

Verse of the Day: I Corinthians 12:12

COMPLETED ☐

DAY 21

Perform scissor kicks for 1 minute (without stopping) OR Perform physio ball crunch 30 times while a partner tosses a 6 lb. medicine ball back and forth

EXTREME: Perform 20 back hyper extensions while holding a 25 lb. plate

Verse of the Day: 2 Corinthians 4:10

COMPLETED ☐

DAY 22

2 sets of 12 side step ups holding a 10 lb. plate using a plyo box OR 20 minutes on ARC machine

EXTREME: 25 burpees; 15 supermans; 30 mountain climbers; 25 squats holding 6 lb. slam ball; Repeat

Verse of the Day: Philippians 3:21

COMPLETED ☐

DAY 23

Play a game of racquetball OR Take a step class

EXTREME: Take the Lancer Insanity class

Verse of the Day: I Peter 4:1

COMPLETED ☐

DAY 24

3 sets of Bosu ball mountain climbers for 90 seconds OR 3 sets of 15 accordion knee tucks with medicine ball

EXTREME: 4 sets of medicine ball (6lb.) wood chops (2 high-low and 2 low-high each side)

Verse of the Day: Psalm 16:9-11

COMPLETED ☐

DAY 25

Do 2 sets of 12 on chest fly machine OR 2 sets of 10 lateral raises with 10 lb. dumbbells

EXTREME: 25 Spiderman push-ups

Verse of the Day: Proverbs 14:30

COMPLETED ☐

DAY 26

Do a side plank on each side for 60 seconds OR 40 alternating swimmers

EXTREME: Do a one-legged plank for 60 seconds then switch to other leg

Verse of the Day: I Corinthians 12:27-31

COMPLETED ☐

DAY 27

Climb 40 floors in 15 minutes on step mill OR 50 step ups each leg (25 each side) using plyo boxes

EXTREME: Climb 75 floors in 30 minutes on step mill

Verse of the Day: Matthew 15:17-20

COMPLETED ☐

DAY 28

25 assisted pull-ups in 5 minutes OR 25 assisted reverse pull-ups in 5 minutes

EXTREME: 30 pull-ups and 30 chin-ups (no time limit)

Verse of the Day: Psalm 139:16

COMPLETED ☐

DAY 29

Run 3 miles in 30 minutes OR 3 sets of 15 leg extensions with half of your body weight

EXTREME: 2 sets of 10 leg extensions using one leg with half of your body weight (2 sets each leg)

Verse of the Day: Malachi 2:15

COMPLETED ☐

DAY 30

"LIKE" the CBU Personal Training and Recreation Center Face Book pages

EXTREME: Have 2 friends "LIKE" both Face Book pages above

Verse of the Day: Proverbs 16:28

COMPLETED ☐