**This or That**

**28 Day Jackson Fitness Challenge**

**OPTIONS ARE GOOD BUT SOMETIMES THEY ARE CHALLENGING. CONSIDER, SHOULD I:** EAT ANOTHER PIECE OF CAKE? WATCH ANOTHER EPISODE OF THIS NETFLIX SPECIAL? EXERCISE TODAY OR START TOMORROW?

 **THE ‘THIS OR THAT’ WORKOUT GIVES YOU THE OPTION TO CHOOSE ONE OF TWO THINGS YOU WILL DO EACH DAY, BOTH ARE GOOD.**

* YOU CAN DO THE MEDIUM OR ADVANCED LEVEL. IF YOU DO 20 DAYS OR MORE AT THE ADVANCE LEVEL, SO NO MORE THAN 8 DAYS AT

 THE MEDIUM LEVEL, YOU ARE CONSIDERED ADVANCED. THIS MEANS YOU CAN GO ADVANCED BUT GIVE YOUR SELF SOME EASIER DAYS.

* YOU ARE ALLOWED ONE DAY OFF A WEEK AND IT CAN NOT BE ‘SAVED’. I.E. YOU CAN’T DO THE WORKOUT EVERY DAY FOR A WEEK AND

 THEN GET TWO DAYS OFF THE FOLLOWING WEEK. MISS TWO DAYS IN A WEEK AND YOU ARE ELIMINATED. NO DOUBLING UP ON

 ANOTHER DAY TO MAKE IT ‘EVEN’. CONSISTENCY IS IMPORTANT. MAYBE SAVE YOUR FREE DAY FOR THE END OF THE WEEK!?

* HONESTY IS CRITICAL. PLEASE TRACK YOUR RECORD WITH THE CALENDAR (A GREAT PLACE TO KEEP IT IS ON THE FRIDGE!). **LET US KNOW YOU ARE REGISTERED BY EMAILING** [**jennifer.cadwell@abbyschools.ca**](file:///C%3A%5CUsers%5CShannon.Kenney%5CDownloads%5Cjennifer.cadwell%40abbyschools.ca)(IT’S NEVER TOO LATE TO REGISTER AS LONG AS YOU’RE PARTICIPATING!)
* EVERYONE THAT COMPLETES THE CHALLENGE, BY RETURNING THEIR COMPLETED CALENDARS WIL GET A HIGHLY COVETED, NEWLY DESIGNED, JACKSON 28 DAY CHALLENGE CHAMPION T-SHIRT! YOU WILLALSO HAVE A SENSE OF PRIDE AND POSSIBLY MOTIVATE OTHERS AROUND YOU.
* THIS IS OPEN TO ALL IN THE JACKSON COMMUNITY: STUDENTS, STAFF & PARENTS. THE SAME RULES APPLY FOR ALL.

**The exercises and some notes:**

**10,000 Steps or \_\_\_ Steps in a Day** – self-explanatory but you will need a ‘fit bit’, phone or something to track your steps. No putting it on the dog L.

**Burpees** – challenge yourself and show no fear J. They do not need to be consecutive, just finish the correct number that day. Break them up into sets.

**Flamingo Toss** – for this you need a partner. Each person stands on one foot & tosses a cushion or ball for the indicated # of passes. If you drop it you start back at zero and must do it again.

**Front Kicks** – hands on your hips & alternate kicks at waist height. Be sure you have a safe space and don’t slip. Left Leg + Right Leg = 1 repetition

**Jog** – this needs to be for the time indicated. Try to do it in one go and not break it up unless necessary. Be safe and aware of your surroundings.

**Jumping Jacks** – don’t wake up anyone sleeping by doing this too early in the morning. Hands go from waist height to above your ears.

**Jump Rope Skipping or Hops**– one of the few exercises that requires equipment. It is okay to make an error just skip for the time indicated. If you don’t have a rope, then hop/jump over a line or crack on the ground for the same time indicated.

**Leg Lifts** – lay on your back & lift your legs up to your knee height when you were standing, now lower them almost to the ground, that’s one repetition.

**Lunges** – alternate legs or do one side then the other your choice. Left Leg + Right Leg = 1 repetition.

**Plank** – you can do it from your hands or elbows, feel free to watch TV as you do this one or talk to a family member, even your cat.

**Push ups** – you can do standard or modified, they do not need to be all at once, but do challenge yourself. Spread them out over the day if needed.

**Shadow Box** – only hit air. Your feet need to be ‘happy’ and moving also for the time indicated. You can do rounds. ‘Float like a butterfly and sting like a bee’.

**Russian Twists** – sit on the floor with a cushion or ball. Turn to the left and touch the cushion to the floor, repeat to the right. This is one repetition.

**Squat** – these ‘air’ squats, no weight, do not need to be done all at once, you can break them up into sets during the day. Watch your form & go to 90 degrees.

**Stretch** – self-explanatory. You choose the different stretches, but you must be stretching or holding yoga poses for the full indicated time.

**FEBRUARY 2021 – JACKSON 28 DAY CHALLENGE**

**\*\*Cross off each day as you complete the activity – or use stickers!\*\***

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| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 1st **GET STARTED!****Medium:**10 push ups or 25 jumping jacks**Advanced:**30 push ups or 75 jumping jacks | 2nd **Medium:**15 leg lifts or 25 squats**Advanced:**30 leg lifts or 60 squats | 3rd **Medium:**5 minute stretch or 3 minute shadow box**Advanced:**9 minute stretch or 4 minute shadow box | 4th **Medium:**10 burpees or 20 front kicks**Advanced:**20 burpees or 35 front kicks | 5th **Medium:**15 Russian twists or 20 flamingo toss**Advanced:**30 Russian twists or 35 flamingo toss | 6th **Medium:**10,000 steps or 10 minute jog**Advanced:**15,000 steps or 15 minute jog | 7th **Medium:**15 push ups or40 jumping jacks**Advanced:**50 push ups or120 jumping jacks |
| 8th WEEK 2 BEGINS**Medium:**15 lunges or30 second plank**Advanced:**25 lunges or50 second plank | 9th **Medium:**6 minute stretch or2 minute jump rope**Advanced:**10 minute stretch or 4 minute jump rope | 10th **Medium:**20 leg lifts or 35 squats**Advanced:**45 leg lifts or 100 squats | 11th **Medium:**8 minute stretch or 4 minute shadow box**Advanced:**12 minute stretch or 6 minute shadow box | 12th **Medium:**15 burpees or 25 front kicks**Advanced:**35 burpees or 50 front kicks | 13th **SPECIAL DAY****Medium & Advanced***Drink 2 L of water or go for a walk with the family for at least 20 minutes* | 14th **HALFWAY!!****Medium:**20 Russian twists or 30 flamingo toss**Advanced:**50 Russian twists or 50 flamingo toss |
| 15th WEEK 3 BEGINS**Medium:**30 leg lifts or 50 squats**Advanced:**60 leg lifts or 150 squats | 16th **Medium:**20 push ups or60 jumping jacks**Advanced:**70 push ups or150 jumping jacks | 17th **SPECIAL DAY****Medium & Advanced***Drink 2 L of water today* ***or*** *go for a walk with the family for at least 20 minutes.* | 18th **Medium:**20 lunges or45 second plank**Advanced:**35 lunges orone minute plank | 19th **Medium:**25 push ups or 30 front kicks**Advanced:**75 push ups or 60 front kicks | 20th **Medium:**30 leg lifts or 50 squats**Advanced:**60 leg lifts or 150 squats | 21st **Medium:**10 minute stretch or 5 minute shadow box**Advanced:**15 minute stretch or 8 minute shadow |
| 22nd WEEK 4 BEGINS**Medium:**20 burpees or 30 front kicks**Advanced:**45 burpees or 65 front kicks | 23rd **Medium:**12,000 steps or12 minute jog**Advanced:**17,000 steps or20 minute jog | 24th **Medium:**10 minute stretch or 4 minute jump rope**Advanced:**14 minute stretch or 5 minute jump rope | 25th **SPECIAL DAY****Medium:**Do any online workout for 7 minutes**Advanced:**Do any online workout for 10 minutes | 26th **Medium:**25 push ups or75 jumping jacks**Advanced:**100 push ups or200 jumping jacks | 27th **SPECIAL DAY****Medium & Advanced***Read for pleasure, not work, for 20 minutes* ***or*** *drink 2 L of water today.* | 28th **LAST DAY!***FREE CHOICE, pick any day previously listed and use it as the option for today.****YOU DID IT!*** |

Register and update your progress with email(s) to [jennifer.cadwell@abbyschools.ca](file:///C%3A%5CUsers%5CShannon.Kenney%5CDownloads%5Cjennifer.cadwell%40abbyschools.ca)

**THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_FAMILY COMPLETED THE JACKSON 28 DAY CHALLENGE!!**