**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:\Users\Shannon.Kenney\Downloads\jennifer.cadwell@abbyschools.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 or  40 jumping jacks  **Advanced:**  50 push ups or  120 jumping jacks |
| 8th WEEK 2 BEGINS  **Medium:**  15 lunges or  30 second plank  **Advanced:**  25 lunges or  50 second plank | 9th  **Medium:**  6 minute stretch or  2 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 or  60 jumping jacks  **Advanced:**  70 push ups or  150 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 or  45 second plank  **Advanced:**  35 lunges or  one 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 or  12 minute jog  **Advanced:**  17,000 steps or  20 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 or  75 jumping jacks  **Advanced:**  100 push ups or  200 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:\Users\Shannon.Kenney\Downloads\jennifer.cadwell@abbyschools.ca)

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