

2019 **Rocktober** Functional Fitness.

Challenge Calendar

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mother Nature's Movement Sequence						
5-Minute Plank Challenge	10-Minute Hustle	Jump Squat-Push Up Challenge	Sprints (5-8 sets of: 30 second sprint; 30 second rest) [Plan for the upcoming weekend]	8-Minute H.I.I.T. Workout	5-Minute Meditation A long, leisurely walk	10-Minute Core Workout
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
10-Minute Brisk Walk						
5-Minute Lunge Walk Challenge	5-Minute Push-Up Challenge	Countdown Workout	10-Minute Core Workout	Y.P.Y.W. (You Pick Your Workout)	Sprints (6-10 sets of: 20 second sprint; 40 second rest)	5-Minute Gratitude Practice
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Spectacular 6 Movement Sequence						
8-Minute H.I.I.T. Workout	5-Minute Wall Sit Challenge	Jump Squat-Push Up Challenge	Sprints (8-10 sets of: 10 second sprint; 40-60 second rest)	10-Minute Core Workout	30-Minute Walk/ Hike/ Stroll	Countdown Workout
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
You pick the "Daily Movement Practice"						
5-Minute Lunge Walk Challenge	5-Minute Push-Up Challenge	5-Minute Plank Challenge	Sprints (5-8 sets of: 30 second sprint; 30 second rest)	Create an adventure!	10-Minute Hustle [Build an Obstacle Course]	5-Minute Wall Sit Challenge [DANCE PARTY!]
Day 29	Day 30	Day 31				
Halloween Hullabaloo						
100-100 Workout	Y.P.Y.W. (You Pick Your Workout)	5-Minute Burpee Challenge				

All workout details and other challenges can be found at:
<http://www.functionalfitness.ca/rocktober2019.html>

Are You Ready?

