



# PICK & PLAY

## 1 WORD BANK

Read the Fit For Me blog and use the word bank to label each row of exercises with the correct muscle group.

**Heart**      **Core**      **Upper Body**      **Lower Body**

## 2 FITNESS LEVELS

Determine your fitness level to find the best work and rest time for you.

**Rookie:** 20 sec work / 40 sec rest  
**Pro:** 30 sec work / 30 sec rest  
**All Star:** 40 sec work / 20 sec rest

## 3 STRENGTH

Circle your favorite exercise for each muscle group then complete 3 rounds the unique strength circuit you have designed.

WHICH MUSCLE GROUP IS IT?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

THIS...	THAT...	...OR THE OTHER
Squat	Lunge	Wall Sit
Push Up	Dip	Walk Out Plank
Plank	Seated Twist	Alternating Leg Drops

## 4 (CARDIO)

Once you have completed your strength circuit, follow with your unique cardiovascular activity.

4. \_\_\_\_\_

THIS...	THAT...	...OR THE OTHER
20 Minute Walk	10 Minute Run	30 Minute Bike Ride



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Or submit your completed challenge for a prize!