

Gritton's Holi-K Challenge for MRTT SRTT

CHALLENGE BEGINS THURSDAY, NOVEMBER 24TH (THANKSGIVING) AND ENDS DECEMBER 21ST

NAME:

(FEEL FREE TO ADD THINGS LIKE "THE GREAT" OR "THE POWERFUL" TO THE END OF YOUR NAME FOR ADDED EFFECT)

1000 SQUATS OR _____

(Complete 38 per day to reach your 1K)

Totals

	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	Totals
# Completed per day																													0
Strength Workouts																													0
		S			S		S		NEW VIDEO			S		S		NEW VIDEO			S		S		NEW VIDEO			S		S	
Place a 1 in the day you complete a strength workout																													
Each week we will post a new workout.																													

THERE ARE FOUR CRITERIA TO QUALIFY:

1. Complete 1000 reps of squats or a chosen alternative move
2. Complete 9 strength workouts
3. Record your food every day.
4. Post in our secret facebook page once per week. (it can be a picture or video of you doing the workout, a quick check-in or question for me)

NOT SURE YOU CAN DO 38 PER DAY TO START WITH, HERE IS A SAFE PROGRESSION:

Days 1-3: 20 per day	60
Days 4-6: 30 per day	90
Days 7-9: 40 per day	120
Days 10-14: 50 per day	250
Days 15-21: 70 per day	490
	1010

VISIT US ONLINE AT:

www.MOMSRUNTHISTOWN.COM

