WHOLE LIFE CHALLENGE WORKOUT MATRIX

Choose (1) workout from the type (below) & your fitness level (right)	BEGINNER	INTERMEDIATE	ADVANCED
ENDURANCE / STAMINA	**SCORE: TIME (MM:SS) it takes you to complete one of the following:** • Run 1 mile (1600m) -or- • Row 2,000m -or- **SCORE: DISTANCE in 10 minutes:** • Cycling	**SCORE: TIME (MM:SS) it takes you to complete one of the following:** • Run 5k -or- • Row 5k -or- **SCORE: DISTANCE in 25 minutes:** • Cycling	**SCORE: TIME (MM:SS) it takes you to complete one of the following:** • Run 10k -or- • Row 10k -or- **SCORE: DISTANCE in 50 minutes:** • Cycling

BODY WEIGHT	**SCORE: Total # of REPS for all movements**
	
	• 90 sec max push ups
	• 2 min rest
	• 90 sec max sit ups (anchored feet)
	• 2 min rest
	• 90 sec max squats
	• 2 min rest
	• 90 sec max pull ups (or pull downs) **
	  skip if no access
		SCORE: Total # of REPS for all movements
		
		• 90 sec max squats
		• 1 min rest
		• 90 sec max push ups
		• 1 min rest
		• 90 sec max sit ups (anchored feet)
		• 1 min rest
		• 90 sec max alternating lunges (single ct)
		• 1 min rest
		• 90 sec max pull ups (or pull downs) **
		  skip if no access
			SCORE: Total # of REPS for all movements
			
			• 2 min max sit ups (anchored feet)
			• 1 min rest
			• 2 min max plank ups
			• 1 min rest
			• 2 min max alternating lunges (single ct)
			• 1 min rest
			• 2 min bicycles (single ct)
			• 1 min rest
			• 2 min max push ups
			• 1 min rest
			• 2 min max squats
			• 1 min rest
			• 2 min max pull ups (or pull downs) **
			  skip if no access
			• 1 min rest
			• 2 min max burpees

COMBINATION	**SCORE: TIME (MM:SS) it takes you to complete the following movements x 3 times** • 1/8 mile (200m) run -or- 250m row • 5 push ups (from knees OK) • 10 sit ups (anchored feet) • 15 squats	**SCORE: TIME (MM:SS) it takes you to complete the following movements x 5 times** • 1/4 mile (400m) run -or- 500m row • 10 push ups • 15 alternating lunges (single ct) • 20 sit ups • 25 squats	**SCORE: TIME (MM:SS) it takes you to complete the following movements x 7 times** • 1/4 mile (400m) run -or- 500m row • 15 push ups • 20 jumping lunges (single ct) • 25 sit ups • 30 squats