FITNESS + MINDSET CHALLENGE 2020

12 MINUTE ATHLETE

12MINUTEATHLETE.COM/FITNESS-MINDSET-CHALLENGE-2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September	**14** **12 Minute** 18x:10x:30 1. Squat step ups 2. Push up up/ downs 3. Speed step ups 4. Burpee step overs 5. Pike shoulder touches 6. Split leg v ups	**15** Sports-specific training, yoga, fun activites, etc.	**16** **12 Minute** 18x:10x:30 1. Squat step ups 2. Push up up downs 3. Speed step ups 4. Burpee step overs 5. Pike shoulder touches 6. Split leg v ups	**17** Sports-specific training, yoga, fun activites, etc.	**18** **3 Rounds:** 15 squat jumps 10 push ups 50 high knees 20 side lunges 10 superman raises 10 v ups	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September	**21** **12 Minute** 18x:10x:30 1. Burpees 2. Squat thrusts 3. High knees 4. Push ups to backwards lunges	**22** Sports-specific training, yoga, fun activites, etc.	**23** **12 Minute** 18x:10x:30 1. MB slams 2. Jump lunges 3. Burpee lateral jumps 4. Step ups 5. Pike shoulder touches 6. Sit up + throws	**24** Sports-specific training, yoga, fun activites, etc.	**25** **AMRAP (12 Min)** 2 sprints 15 squat jumps 10 reptile push ups 5 burpees 20 backwards lunges 10 hip thrusts 10 v ups	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October	**28** **3 Rounds:** 10 Squat step overs 10 Push up/up downs 20 Speed skater lunges 10 Burpee box jumps 50 Speed step ups 20 Elevated knee touches	**29** Sports-specific training, yoga, fun activites, etc.	**30** **12 Minute** 18x:10x:30 1. Squat + throws 2. Ball transfer push ups 3. MB burpee slams 4. Jump lunges 5. MB toe touches 6. MB jackknives	**1** Sports-specific training, yoga, fun activites, etc.	**2** **AMRAP (12 Min)** 10 Box jumps 10 Squat step ups 10 Push ups 10 Superman raises 10 Side lunges 20 MB twists	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October	**5** **12 Minute** 18x:10x:30 4 Sprints 15 Squat jumps 10 Reptile push ups 75 Mtn climbers 10 Bkwrds lunges 10 Superman raises 10 V up tuck combos	**6** Sports-specific training, yoga, fun activites, etc.	**7** **12 Minute** 18x:10x:30 1. Burpee lateral jumps 2. MB mtn climbers 3. Speed skater lunges 4. Squat + throws 5. Ball transfer push ups 6. MB twists	**8** Sports-specific training, yoga, fun activites, etc.	**9** **3 Rounds:** 10 Box jumps 10 Burpee step overs 5 Push up up downs 10 Squat step ups 50 Speed toe touches 10 Hip thrusts 20 Elevated knee touches	