



MEADOWRIDGE SCHOOL  
30-Day Challenge | May 2021

# Gryphon Good Morning Challenge

See the choices for the 5 exercise sets on the next page





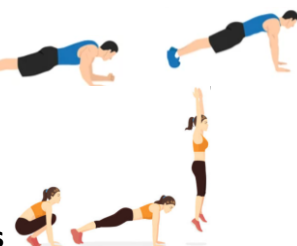
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <b>START!!</b> 1 set minimum 5 exercises	2 1 set minimum 5 exercises OR walk or run 4km at one time
3 1 set minimum 5 exercises	4 <b>REST</b>	5 1 set minimum 5 exercises	6 1 set minimum 5 exercises	7 1 set minimum 5 exercises	8 <b>REST</b> Please send a picture or video - not mandatory	9 2 set minimum 5 exercises OR go for a 30 minute bike ride
10 2 set minimum 5 exercises	11 <b>REST</b>	12 2 set minimum 5 exercises	13 2 set minimum 5 exercises	14 2 set minimum 5 exercises	15 <b>REST</b>	16 2 set minimum 5 exercises OR do one hour of sport outside (tennis, golf, bike, walk, active play, etc)
17 2 set minimum 5 exercises	18 2 set minimum 5 exercises	19 <b>REST</b>	20 2 set minimum 5 exercises	21 2 set minimum 5 exercises	22 2 set minimum 5 exercises OR do 45 minutes of active housework (vacuum, yard work, clean windows, rake, mow Lawn, etc)	23 <b>REST</b>
24 3 set minimum 5 exercises	25 3 set minimum 5 exercises	26 <b>REST</b>	27 3 set minimum 5 exercises	28 3 set minimum 5 exercises	29 3 set minimum 5 exercises	30 3 set minimum 5 exercises Send a picture/video if you want to be in the final montage. Confirm you finished the challenge by replying to the link I send. <b>YOU MADE IT!</b>

## TOO EASY? NEED A GREATER CHALLENGE?


- You can do more sets than required.
- Increase the reps in one or all sets.

Mail [scott.spurgeon@meadowridge.bc.ca](mailto:scott.spurgeon@meadowridge.bc.ca) for any questions or to send pictures/video, however, all registration and confirmations must occur through the links sent.






### CHOICE #1 – Wake Up!!

- 1<sup>st</sup> – 10 Push-ups 
- 2<sup>nd</sup> – 20 Mountain Climbers (both legs = 1) 
- 3<sup>rd</sup> – 20 Bicycle Crunches (both legs = 1) 
- 4<sup>th</sup> – 10 Elbow Plank to Hands & Back to Hands 
- 5<sup>th</sup> – 10 Burpees 

### CHOICE #2 – Fast & Furious!!

- 1<sup>st</sup> – 20 Jumping Jacks 
- 2<sup>nd</sup> – 10 Jump Squats 
- 3<sup>rd</sup> – 20 High Knees (both legs = 1) 
- 4<sup>th</sup> – 20 Plank Jacks 
- 5<sup>th</sup> – 10 Lunges (both legs = 1) 

### CHOICE #3 – All Core!!

- 1<sup>st</sup> – 20 Flutter Kicks (both legs = 1) 
- 2<sup>nd</sup> – 10 Leg Raises (both legs = 1) 
- 3<sup>rd</sup> – 10 Leg Pull-Ins 
- 4<sup>th</sup> – 20 Plank Shoulder Touches (both = 1) 
- 5<sup>th</sup> – 20 Flying Pose – 1½ second hold 

- I would suggest choosing one workout and trying to stick with it for 30 days. If you need or want to switch to one of the other workouts partway through, you may switch. No substituting exercises within a set.
- Be honest, this means no swapping rest days, doubling up workouts if you miss a day or any other variations from the schedule. It is a 30-day challenge and not everyone will make it. When you do complete it perfectly it should mean something to you.
- Habit and routine are very important. Put a reminder of the workout on the mirror in the bathroom, set alarms on your phone, have a workout buddy or someone that texts you once they are done to also help hold you accountable.
- Your form and quality are important. Exercises are just 10 or 20 repetitions so make sure they are quality.
- You need to do one set (5 exercises) at one time, however short rest breaks are ok. I would rather you take breaks and do solid quality than rush and poor quality. Once you are doing 2 or 3 sets you can do them at separate times during the day, however I recommend trying to get them down in the morning. It is a great feeling to be done before 8:00 am. Make whatever schedule you can work for you.