



# F IS FOR FITNESS

Looking to begin your fitness journey or support your current activity?

Start your own F is for Fitness journey with this month-long challenge - **There's a level for everyone**, whether you're new to fitness or have an established routine!!



## CHOOSE A TIER

For this challenge, we offer TWO different tiers to choose from! Each day, you will get as many reps as possible of one exercise.

High Intensity  Low Intensity



Here's an example:



High-intensity may include froggers (a burpee without the jump)!

Low-intensity may include standard squats!

## HOW DOES IT WORK?



Your calendar for the week shows you all the exercises, targeting all major muscle groups.



Your goal? Get as **many reps as possible** of the daily exercise, making sure to stop before your form fails!



Upon completion, you check off a "KeeleyLife Challenge" on your KeeleyLife Passport!



Questions? Ask KeeleyLife Coach Melissa Swank!  
[keeleylife@keeleycompanies.com](mailto:keeleylife@keeleycompanies.com)



## WEEK 1 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 DAY 1 - PUSH UPS</b> Push ups target muscles in the chest, shoulders, upper, & middle back, biceps, & core! Try aiming for <b>50</b> today! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>2 DAY 2 - SURRENDER SQUAT</b> These use more muscles than you think, including quads, hamstrings, glutes & shoulders. Try for <b>35</b> of them today - once left & once right = one rep! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>3 DAY 3 - V-UPS</b> These challenging movements target your core & lower body, but also require balance & coordination. Try to get <b>20</b> done today! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>4 DAY 4 - JUMPING SPLIT SQUATS</b> These challenging movements target your core & lower body, but also require balance & coordination. Try to get <b>20</b> done today! <a href="#">CLICK HERE FOR A TUTORIAL!</a>
<b>5 DAY 5 - SPIDERMAN MOUNTAIN CLIMBERS</b> In addition to the oblique muscles, these recruit chest, back & arms, as well as stabilizing muscles in the shoulders! Finishing one climber on each side = one rep, so try to get <b>50</b> today! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>6 DAY 6 - SQUAT JUMPS</b> The classic squat jump sticks around for a reason: it's a great way to work glutes, quads, hips, & hamstrings while adding in cardio! Try to do <b>50</b> of these! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>7 DAY 7 - CRAB DIPS WITH TOE TOUCHES</b> This full body workout focuses on glutes, hamstrings, calves, quads, core, hips, arms, & shoulders. It also increases strength & mobility! Try doing <b>35</b> reps (one left and one right = one rep!) <a href="#">CLICK HERE FOR A TUTORIAL!</a>	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## WEEK 2 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 <div> <b>DAY 8 - SKATER HOPS</b>  <p>With proper form, skater jumps activate youu quads, glutes, hamstrings, &amp; calves. Try doing <b>35</b> of these - one each way is one rep!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	9 <div> <b>DAY 9 - BURPEES</b>  <p>Ah, the classic Burpee!! A full body workout that also increases your heartrate. Try for <b>35</b> of these today!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	10 <div> <b>DAY 10 - SINGLE-LEG PISTOL SQUATS</b>  <p>These are a great, difficult to master exercise &amp; it works almost all your leg muscles including, quads, glutes, calves, &amp; hamstrings. Try to do <b>25</b> on each side!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	11 <div> <b>DAY 11 - TRICEP PUSH-UPS</b>  <p>While it works on stabilizing muscles throughout the body, tricep pushups primarily the pecs, shoulders, and, of course, triceps! Aim for <b>35</b> of these push ups!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>
12 <div> <b>DAY 12 - ONE-LEGGED DEAD LIFTS</b>  <p>Dead lifts specifically target the lower back, hamstrings, &amp; glutes ("posterior chain), &amp; using one leg not only isolates that side, it also builds balance and stability! Try to do <b>25</b> on each side!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	13 <div> <b>DAY 13 - SIDE PLANK ROTATIONS</b>  <p>Shoulders,, lats, glutes, &amp; abs are all recruited to perform this exercise. Really focus on form to ensure you're hitting the right muscles! Try <b>25</b> on each side!</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	14 <div> <b>DAY 14 - REVERSE LUNG TO FRONT KICK</b>  <p>This exercise challenges your balance &amp; strengthens your quadriceps, as well as your glutes, calves, hip flexors &amp; hamstrings. Aim to do <b>35</b> on each side.</p> <p><a href="#">CLICK HERE FOR A TUTORIAL!</a></p> </div>	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## WEEK 3 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			<b>DAY 15 - BENT OVER REVERSE FLY</b> Today focuses exclusively on the upper body, building strength in the upper back & around the shoulders! Try this one with medium weights (& aim for 40 reps) or without & aim for <b>50</b> reps! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 16 - FROGGERS</b> This simple exercise feels like the start of a burpee, but allows you more reps since you're not bringing the body up & down. With proper alignment, you'll work your arms, abs, gluts, legs, & your heart! Aim for <b>50</b> ! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 17 - PIKE WALK OUTS</b> While focusing on abs, the plank walkout also recruits chest, hamstring, glutes, lats, & shoulders. Make sure to engage the abs as you walk yourself in & out! Try to do <b>35</b> of these! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 18 - HOLLY BODY ROCKS</b> This core burner is no joke. Try keeping your arms & legs as low to the ground as you can while still keeping your lower back grounded. Once back and forth is one rep - try to get <b>25</b> ! <a href="#">CLICK HERE FOR A TUTORIAL!</a>
19	20	21	22	23	24	25
<b>DAY 19 - POWER LUNGES</b> Similar to the lunge with front kick, power lunges take it a step further to bring plyometric action to the movement. Try doing <b>50</b> of these on each side! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 20 - PLANK UP-DOWNS</b> The key to this plank isn't the up and down, its minimizing the movement side to side. Great for arms, shoulders, & back as well as core. Down on both arms & back up is one rep -- try for <b>50</b> ! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 21 - AROUND THE WORLD LUNGES</b> Putting forward, side, & reverse lunges, this works the lower half of the body completely. Once around, using both legs, is one rep. Try for <b>35</b> reps! <a href="#">CLICK HERE FOR A TUTORIAL!</a>				
26	27	28				

## WEEK 4 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**DAY 22 - TURKISH GET-UP**

The key to a Turkish Get Up is form!! Focus on the elevated hand the whole time to get the full core, shoulder, back, & arm recruitment. Do **25** on each side!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 23 - STAR JUMPS**

We're looking at a full burst of cardio here - these should be explosive with a soft landing. Try to get **25** in a row!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 24 - BODY SAW**

Great for the back & shoulders, this plank can go from simple to intense just by adding extension. Try putting exercise slides or a towel under your feet as you do **50** reps!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 25 - SUMO SQUATS**

These target your adductors, glutes, quads, calves, hamstrings, & hip flexors. For added challenge, lift one heel at a time. Go for **50** more!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 26 - TUCK JUMPS**

Similar to star jumps, these movements build explosivity & fast-twitch muscle fibers. Make sure both knees get up as you bounce, landing softly to protect your knees!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 27 - SPLIT STANCE ROW + KICKBACK**

Split stance rows isolate your lats as well as biceps, lower and middle back, & shoulders. Add a kick back to isolate your tricep, too. Try for **50** on each side!

[CLICK HERE FOR A TUTORIAL!](#)

**DAY 28 - SINGLE LEG BURPEE**

As if the classic burpee couldn't get harder, we've taken it up a notch. Try doing it on one leg to add balance into the equation! Can you do **25** on each side? Or more?!

[CLICK HERE FOR A TUTORIAL!](#)

# F IS FOR FITNESS

## WEEK 1 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <div> <b>DAY 1 - SINGLE LEG KNEE PRESS</b>            Get into a table-top position &amp; press on one knee to isolate your lower abdominals, hip flexors, &amp; shoulders. Try holding each for 10 seconds (one rep) &amp; doing that <b>10</b> times on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>2</b> <div> <b>DAY 2 - MODIFIED PUSH-UPS</b>            While you've dropped to your knees for this push-up, you're still activating the same muscles, including chest, shoulders, back, abs &amp; arms. Try for <b>20</b> reps!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>3</b> <div> <b>DAY 3 - BIRD DOG CRUNCHES</b>            This exercise activates spinal stabilizers &amp; core muscles that allow for correct movement, control, and stability of the whole body.  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>4</b> <div> <b>DAY 4 - LATERAL LEG LIFTS</b>            Hold yourself still when you're moving through this activity to activate glutes, core, hip flexors, hamstrings, &amp; lower back muscles.  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>
<b>5</b> <div> <b>DAY 5 - GLUTE BRIDGES</b>            As the name suggests, the glute bridge activates the glutes, but it also works your quads, hamstrings, lower back &amp; abs, too! Remember to squeeze at the top! Try for <b>20</b> reps!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>6</b> <div> <b>DAY 6 - CURTSY LUNGES</b>            In addition to the quads &amp; glutes, this exercise targets the abductors, which brings your legs together. Try to do <b>10</b> lunges on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>7</b> <div> <b>DAY 7 - TRICEP DIPS</b>            These movements do just what their name suggests - works the tricep. You'll also fire up the shoulders, traps, &amp; back when you move into &amp; out of this exercise, too! Try for <b>20</b> of these!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>				

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## WEEK 2 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 <div> <b>DAY 8 - SIDE-TO-SIDE SQUATS</b>              To activate the muscles of the inner thigh, this is a simple way to reach that goal. It also engages other muscles required for a squat, like quads, hamstrings, &amp; glutes! Try <b>10</b> each direction!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	9 <div> <b>DAY 9 - PLANK HOLD + SHOULDER TAPS</b>              The plank shoulder taps strengthens your core, glutes, arms, wrists, &amp; shoulders. Try doing the same number of these that you did for planks &amp; your strength grow!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	10 <div> <b>DAY 10 - BICYCLE CRUNCHES</b>              The classic crunch is ticked up a notch by adding a twist, which recruits your obliques into the mix! Try doing <b>15</b> each direction!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	11 <div> <b>DAY 11 - GOOD MORNINGS</b>              As the name suggests, the Good Morning offers a great way to stretch &amp; tone your back, hamstrings, chest, &amp; shoulders. Aim to complete <b>15</b> of these as a warm up to your day!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>
12 <div> <b>DAY 12 - REVERSE LUNGES</b>              This exercise challenges your balance &amp; strengthens your quadriceps, as well as your glutes, calves, hip flexors &amp; hamstrings. Aim to do <b>15</b> on each side.  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	13 <div> <b>DAY 13 - DEAD BUGS</b>              These work your core, including your transverse abdominis, rectus abdominis, obliques, &amp; pelvic floor. One left &amp; one right = one repetition! Try to get <b>15</b>!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	14 <div> <b>DAY 14 - AIR SQUATS</b>              The standard squat activates thighs, hamstrings, quads, &amp; glutes, but since it requires you to stay balanced, it also activates your core. Try for <b>20</b> squats!  <a href="#">CLICK HERE FOR A TUTORIAL!</a> </div>	15	16	17	18
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## WEEK 3 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			<b>DAY 15 - SIDE LUNGES</b> While activating your quadriceps, abductors, glutes, adductors, & hamstrings, side lunges also require you to main stability & balance, working most of the muscles in the lower body! Try for <b>10</b> each direction! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 16 - BEAR PLANKS WITH KNEE TAPS</b> Believe it or not, this movement activates your entire body, from glutes & psoas to shoulders & arms. You'll quickly feel this in your core & you try to stop your body from rocking side to side! Try for <b>10</b> on each side! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 17 - LAWNMOWER LUNGE</b> Many exercises can help you prepare for activities of daily living, like this one - so-named because it recruits the same muscles you'd use to yank a lawn mower on including shoulders, back, glutes, biceps, & leg muscles! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 18 - DONKEY KICKS</b> Wanna kick butt? This exercise does just that! In fact, it's one of the easiest moves to work your glute muscles. Try for <b>15</b> on each side (one left and one right = one rep!) <a href="#">CLICK HERE FOR A TUTORIAL!</a>
19	20	21	22	23	24	25
<b>DAY 19 - DEADLIFTS</b> Activate your lower back, as well as hamstrings & glutes, with this staple exercise: the deadlift. Make sure you keep your back long, stick out your hips behind you, & leave a soft bend in the knees to ensure you maintain great positioning. Try for <b>15</b> reps! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 20 - SINGLE LEG V-UPS</b> These challenging movements really target your core & lower body, but also require balance & coordination. Try to get <b>10</b> done today! <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 21 - INCLINE PUSH UP</b> This version allows you to get the feel of a push-up & brace through the core. Yet, it also diminishes the weight bearing requirements on your shoulders & arms! Try for the same number of incline push-ups as you did for modified push-ups! <a href="#">CLICK HERE FOR A TUTORIAL!</a>				
26	27	28				



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## WEEK 4 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			<b>DAY 22 - GODDESS SQUAT</b>  These target your adductors, glutes, quads, calves, hamstrings, & hip flexors. For added challenge, lift one heel at a time. Go for <b>20</b> or more!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 23 - MODIFIED SIDE PLANK ROTATIONS</b>  Shoulders, lats, glutes, & abs are all recruited to perform this exercise. Really focus on form to ensure you're hitting the right muscles! Try <b>10</b> on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 24 - SIDE-TO-SIDE KICKS</b>  This exercise uses abductors & adductors to move the leg in & out, all while bracing your body to reduce movement side to side, which activates the entire core girdle. Take a moment to enjoy the IT Band stretch! Do <b>10</b> on each side.  <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 25 - TOE-TAP BOATS</b>  Boat pose primarily targets the core (both abs & lower back), but it also requires activation of hip flexors & pelvic floor muscles. Add in the toe taps to get deeper core activation & also mimic activities of daily living. Try for <b>15</b> on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>
26	27	28				
<b>DAY 26 - SINGLE LEG KICKBACKS</b>  Moving one leg back & forth while on hands & knees requires shoulders, arms, & upper back to stabilize the body. The main movement also works the core, hip flexors, & glutes! Try for <b>10</b> on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 27 - SWIMMERS</b>  For great back workouts without the water, start with these swimmers, which require coordination as well as lower, middle & upper back muscles!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>	<b>DAY 28 - 1/2 TURKISH GET-UP</b>  The key to a Turkish Get Up is form! Focus on the elevated hand the whole time to get the full core, shoulder, back, & arm recruitment. Do <b>10</b> on each side!  <a href="#">CLICK HERE FOR A TUTORIAL!</a>				