

At-Home Workout Challenges

Guidelines

- At-home workout challenges provide a fun way to stay active and keep busy.
- Every challenge is different and can be modified based on ability and creativity.
- These challenges are intended for healthy individuals to perform in their living space. Do not perform these challenges if they may endanger your well-being.
- Challenge your friends and family on social media to add accountability and to connect while practicing social distancing.

Challenge #1 – 100 Rep Challenge

- This challenge should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space in front and behind you to perform this challenge safely.
- Each exercise is to be done for 100 reps. All 100 reps do not have to be done at once. 10 reps at a time is a good starting place, but reps can be done at any range.
- Recommended exercises: (see previous videos and PDFs)
 - Pushups
 - Squats
 - Situps
 - Lunges
 - Crunches
- It's important to stay creative with your exercise choice to keep things fresh and fun. Add in some of your favorite exercises to get more from your challenge experience.

Challenge #2 – TV Commercial/Break Challenge

- This challenge should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space next to you to perform this challenge safely.
- During each commercial break a new exercise should be selected and performed until the show resumes.
- If streaming a series, set a timer to get up every 8 to 11 minutes and perform a new exercise for 30 to 45 seconds.
- Recommended exercises: (see previous videos and PDFs)
 - Pushups
 - Squats
 - Situps
 - Lunges
 - Crunches
- It's important to stay creative with your exercise choice to keep things fresh and fun. Add in some of your favorite exercises to get more from your challenge experience.

Challenge #3 – Popular Social Media Challenges

- This stretch should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space next to you to perform this challenge safely.
- Popular social media challenges are a great way to stay active and connect with others while practicing social distancing.
- "See 10, Do 10" pushup challenge
- "See 10, Do 10" sit-up challenge
- TikTok dances
- Social media "live" workouts