For the Love of Health Fitness Challenge: February 1-28

Join us each day in February for a workout challenge item from one of our CHF instructors or Medical Exercises Specialists!
Visit **www.beachcitiesgym.com/challenge** for more information on these exercises.
*Please do what your body feels comfortable with and modify as necessary

BCHD A Public Agency

Center for Health & Fitness

A Beach Cities Health District Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Stephanie Sutton: 1-minute plank hold	**2** Sue Lehman: Bridge - lift and lower hips 3x and hold 30 seconds	**3** Cheryl Mansfield: 10-15 squats	**4** Sandie Omar-Amrani: 1-minute arm circles (30 seconds each direction)	**5** Lilly Murphy: Skaters for 35 seconds rest 15 seconds, repeat 4x	**6** Lois Schunk: 2-minute bicycle abs
7 Carrie Kerster: Running in place for 1 minute (alternative: high knees for 1 minute)	**8** Jason Bautista: 30 mountain climbers	**9** Charlotte Rowley: 4 sets of 15 jumping jacks	**10** Brian Fuentes: 10 Burpees	**11** Tanya Rutter: Standing on one leg for 30-seconds	**12** Derick Malit: 20 Russian Twists	**13** Annelise Tripp: Single leg balance with eyes closed, 15 seconds (be near something to grab onto just in case)
14 Manuela Schraner: 15 lunges	**15** Carrie Kerster: Be still and breath for 2-4 minutes	**16** Jason Bautista: Boxing Challenge: 60 second punches, 60 seconds alternating front kicks	**17** Charlotte Rowley: 3 sets of 5 push-ups	**18** Brian Fuentes: Self Massage with Tennis Ball for 10 minutes	**19** Debbie Teel: Stretch for 20 minutes - total body	**20** Derick Malit: 15 Bicep Curls
21 Tanya Rutter: Wall squats, 10-15 reps in 1 minute	**22** Annelise Tripp: Side plank, 30-60 seconds, 2 sets	**23** Manuela Schraner: 10-15 front and lateral raises	**24** Stephen Dilag: Bird Dog, 10 reps	**25** Bobbie Hendrickson: Lying Leg Extension, 15 reps	**26** Bobbi Grimm: Repeaters - 20-30 each leg	**27** Lilly Murphy: Pop squats for 35 seconds rest 15 seconds, repeat 4x
28 Lisa Larson: Cat-Cow Spinal Flow (on all 4's or seated in a chair) connecting movement to rhythm of breath to increase circulation and reduce stress	Carrie Bravick: Hitchhiker mudra and thoracic backbend	Nahid Mohammidfar: Clams (both sides) 1 minute				