

'THIS OR THAT'

JANUARY – 30 DAY GRYPHON ATHLETIC CHALLENGE

OPTIONS ARE GOOD BUT SOMETIMES THEY ARE CHALLENGING. CONSIDER, SHOULD I:

EAT ANOTHER PIECE OF CAKE? WATCH ANOTHER EPISODE OF THIS NETFLIX SPECIAL? EXERCISE TODAY OR START TOMORROW?

THE 'THIS OR THAT' WORKOUT GIVES YOU THE OPTION TO CHOOSE ONE OF TWO THINGS YOU WILL DO EACH DAY, BOTH ARE GOOD.

- ★ YOU CAN DO THE MEDIUM OR ADVANCE LEVEL. IF YOU DO 20 DAYS OR MORE AT THE ADVANCE LEVEL, SO NO MORE THAN 10 DAYS AT THE MEDIUM LEVEL, YOU ARE CONSIDERED ADVANCED. THIS MEANS YOU CAN GO ADVANCED, BUT GIVE YOUR SELF SOME EASIER DAYS.
- ★ YOU ARE ALLOWED ONE DAY OFF A WEEK AND IT CAN NOT BE 'SAVED'. I.E. YOU CAN'T DO THE WORKOUT EVERY DAY FOR A WEEK AND THEN GET TWO DAYS OFF THE FOLLOWING WEEK. MISS TWO DAYS IN A WEEK AND YOU ARE ELIMINATED. NO DOUBLING UP ON ANOTHER DAY TO MAKE IT 'EVEN'. CONSISTENCY IS IMPORTANT. I RECOMMEND SAVING YOUR FREE DAY FOR THE END OF THE WEEK.
- ★ HONESTY IS CRITICAL. PLEASE TRACK YOUR RECORD WITH A CALENDAR OR A SHEET ON THE REFRIDGERATOR. LET ME KNOW YOU ARE REGISTERED BY EMAILING scott.spurgeon@meadowridge.bc.ca EVERYONE THAT COMPLETES THE CHALLENGE WITHOUT A MISS WILL GET A HIGHLY COVETED, NEWLY DESIGNED, GRYPHON 30 DAY CHALLENGE CHAMPION T-SHIRT FOLLOWING THE CONCLUSION. YOU WILL ALSO HAVE A SENSE OF PRIDE AND POSSIBLY MOTIVATE OTHERS AROUND YOU.
- ★ THIS IS OPEN TO ALL IN THE MEADOWRIDGE COMMUNITY: STUDENTS, STAFF & PARENTS. THE SAME RULES APPLY FOR ALL.

The exercises and some notes:

10,000 Steps or ___ Steps in a Day – self-explanatory but you will need a 'fit bit', phone or something to track your steps. No putting it on the dog ☹.

Burpees – challenge yourself and show no fear ☺. They do not need to be consecutive, just finish the correct number that day. Break them up into sets.

Flamingo Toss – for this you need a partner. Each person stands on one foot & tosses a cushion or ball for the indicated # of passes. If you drop it you start back at zero and must do it again.

Front Kicks – hands on your hips & alternate kicks at waist height. Be sure you have a safe space and don't slip. Left Leg + Right Leg = 1 repetition

Jog – this needs to be for the time indicated. Try to do it in one go and not break it up unless necessary. Be safe and aware of your surroundings.

Jumping Jacks – don't wake up anyone sleeping by doing this too early in the morning. Hands go from waist height to above your ears.

Jump Rope Skipping or Hops – one of the few exercises that requires equipment. It is okay to make an error just skip for the time indicated. If you don't have a rope, then hop/jump over a line or crack on the ground for the same time indicated.

Leg Lifts – lay on your back & lift your legs up to your knee height when you were standing, now lower them almost to the ground, that's one repetition.

Lunges – alternate legs or do one side then the other your choice. Left Leg + Right Leg = 1 repetition.

Plank – you can do it from your hands or elbows, feel free to watch TV as you do this one or talk to a family member, even your cat.

Push ups – you can do standard or modified, they do not need to be all at once, but do challenge yourself. Spread them out over the day if needed.

Shadow Box – only hit air. Your feet need to be 'happy' and moving also for the time indicated. You can do rounds. 'Float like a butterfly and sting like a bee'.

Russian Twists – sit on the floor with a cushion or ball. Turn to the left and touch the cushion to the floor, repeat to the right. This is one repetition.

Squat – these 'air' squats, no weight, do not need to be done all at once, you can break them up into sets during the day. Watch your form & go to 90 degrees.

Stretch – self-explanatory. You choose the different stretches, but you must be stretching or holding yoga poses for the full indicated time.

JANUARY 2020 – GRYPHON 30 DAY CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 st GET STARTED! Medium: 10 push ups or 25 jumping jacks Advanced: 30 push ups or 75 jumping jacks	2 nd Medium: 15 leg lifts or 25 squats Advanced: 30 leg lifts or 60 squats	3 rd Medium: 5 minute stretch or 3 minute shadow box Advanced: 9 minute stretch or 4 minute shadow box
4 th WEEK 2 BEGINS Medium: 10 burpees or 20 front kicks Advanced: 20 burpees or 35 front kicks	5 th Medium: 15 Russian twists or 20 flamingo toss Advanced: 30 Russian twists or 35 flamingo toss	6 th Medium: 10,000 steps or 10 minute jog Advanced: 15,000 steps or 15 minute jog	7 th Medium: 15 push ups or 40 jumping jacks Advanced: 50 push ups or 120 jumping jacks	8 th Medium: 15 lunges or 30 second plank Advanced: 25 lunges or 50 second plank	9 th Medium: 6 minute stretch or 2 minute jump rope Advanced: 10 minute stretch or 4 minute jump rope	10 th Medium: 20 leg lifts or 35 squats Advanced: 45 leg lifts or 100 squats
11 th WEEK 3 BEGINS Medium: 8 minute stretch or 4 minute shadow box Advanced: 12 minute stretch or 6 minute shadow box	12 th Medium: 15 burpees or 25 front kicks Advanced: 35 burpees or 50 front kicks	13 th SPECIAL DAY <i>Drink 2 L of water or go for a walk with the family for at least 20 minutes</i>	14 th Medium: 20 Russian twists or 30 flamingo toss Advanced: 50 Russian twists or 50 flamingo toss	15 th Medium: 30 leg lifts or 50 squats Advanced: 60 leg lifts or 150 squats	16 th HALFWAY! Medium: 20 push ups or 60 jumping jacks Advanced: 70 push ups or 150 jumping jacks	17 th SPECIAL DAY Medium & Advanced <i>Drink 2 L of water today or go for a walk with the family, or a friend, for at least 20 minutes.</i>
18 th WEEK 4 BEGINS Medium: 20 lunges or 45 second plank Advanced: 35 lunges or one minute plank	19 th Medium: 25 push ups or 30 front kicks Advanced: 75 push ups or 60 front kicks	20 th Medium: 30 leg lifts or 50 squats Advanced: 60 leg lifts or 150 squats	21 st Medium: 10 minute stretch or 5 minute shadow box Advanced: 15 minute stretch or 8 minute shadow box	22 nd Medium: 20 burpees or 30 front kicks Advanced: 45 burpees or 65 front kicks	23 rd Medium: 12,000 steps or 12 minute jog Advanced: 17,000 steps or 20 minute jog	24 th Medium: 10 minute stretch or 4 minute jump rope Advanced: 14 minute stretch or 5 minute jump rope
25 th WEEK 5 BEGINS SPECIAL DAY Medium: Do any online workout for 7 minutes Advanced: Do any online workout for 10 minutes	26 th Medium: 25 push ups or 75 jumping jacks Advanced: 100 push ups or 200 jumping jacks	27 th SPECIAL DAY Medium & Advanced <i>Read for pleasure, not work, for 20 minutes or drink 2 L of water today.</i>	28 th Medium: 30 Russian twists or 40 flamingo toss Advanced: 80 Russian twists or 65 flamingo toss	29 th Medium: 40 leg lifts or 100 squats Advanced: 80 leg lifts or 200 squats	30 th Medium: 30 lunges or one minute plank Advanced: 50 lunges or 1:30 plank	31 st LAST DAY! <i>FREE CHOICE, pick any day previously listed and use it as the option for today.</i> YOU DID IT!

Register and update your progress with email(s) to scott.spurgeon@meadowridge.bc.ca