

# Velvet Rider August Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Rest Day	4 5 push ups 10 lunges each side x 3 45 second plank x 2	5 10 pushups x 2 30 crunches x 2 30 bicycles x 2 10 bent-over rows x 2	6 5 pushups 10 lunges each side x 2 30 crunches x 3 60 second plank	7 30 crunches x 3 30 bicycles x 3 10 4-way lunges x 2	8 10 lunges each side x 3 60 second plank x 3 10 plié squats 10 bent-over rows x 2	9 10 pushups 30 crunches x 2 30 bicycles x 2 10 lunges each side x 2
10 Rest Day	11 5 push ups 10 lunges each side x 3 45 second plank x 2 15 bent-over rows x 2	12 10 pushups x 2 30 crunches x 2 30 bicycles x 2	13 5 pushups 15 4-way lunges x 2 30 crunches x 3 60 second plank	14 30 crunches x 3 30 bicycles x 3 15 bent-over rows x 2	15 10 lunges each side x 3 60 second plank x 3 15 plié squats	16 10 pushups 30 crunches x 2 30 bicycles x 2 10 lunges each side x 2
17 Rest Day	18 5 push ups 10 lunges each side x 3 45 second plank x 2 15 plié squats	19 10 pushups x 2 30 crunches x 2 30 bicycles x 2 15 bent-over rows x 2	20 10 pushups 30 crunches x 3 60 second plank	21 30 crunches x 3 30 bicycles x 3 15 4-way lunges x 2	22 10 lunges each side x 3 60 second plank x 3 15 plié squats 15 bent-over rows x 2	23 10 pushups 30 crunches x 2 30 bicycles x 2 10 lunges each side x 2
24 Rest Day	25 10 push ups 10 lunges each side x 3 45 second plank x 2 20 bent-over rows x 2	26 10 pushups x 2 30 crunches x 2 30 bicycles x 2 20 plié squats	27 15 pushups 15 4-way lunges x 2 30 crunches x 3 60 second plank	28 30 crunches x 3 30 bicycles x 3 20 plié squats	29 10 lunges each side x 3 60 second plank x 3 20 plié squats	30 15 pushups 30 crunches x 2 30 bicycles x 2 10 lunges each side x 2

**Purpose:** To make ourselves stronger in the saddle and become more fit as riders!

**Bent-over rows:** Stand next to a chair with a dumbbell in right hand. Place left knee and hand on seat and extend right arm toward floor. Bending elbow out to side, slowly bring weight up to chest. (Really helps that bra bulge!)

**4-way lunge:** With hands on hips, step forward with right foot and lunge (don't let knee go past toes); return to start. Lunge backward; return to start. Lunge right (keeping left leg straight); go back to start. Then with left foot, lunge to left side. Repeat, leading with opposite foot. (Great for inner and outer thighs!)

**Plié squat:** Stand with your feet wider than your hips with toes pointed out at 45 degree angles, hold dumbbell in both hands and let hang between your legs, and squat, keeping thighs parallel to the floor.

**Notes:** Can use dumbbells for all lunges and mix them up if desired (ie front, side, or back)!