

# Kim's ROCKTOBER CHALLENGE

Master Personal Trainer Kim Kellagher is sharing her “Rocktober Challenge” to help anyone who is looking for small challenges to stretch themselves and add some variety into their fitness routine!

*Feel free to join along and post your challenge achievements to social media! Tag The Arena Club and use #RocktoberChallenge!*

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Do 10 minutes on equipment you rarely use	<b>2</b> Try to walk a mile in under 15 minutes	<b>3</b> Over a day, plank for a total of 10 minutes	<b>4</b> Climb 25 sets of stairs	<b>5</b> Climb 25 sets of stairs
<b>6</b> Climb 25 sets of stairs	<b>7</b> Go one day with no junk/snack food	<b>8</b> Practice yoga for 10 minutes	<b>9</b> Do (8) 20/10 rounds of MB Slams	<b>10</b> Over a day, complete 75 push-ups	<b>11</b> Take a 30+ minute hike	<b>12</b> Take a 30+ minute hike
<b>13</b> Take a 30+ minute hike	<b>14</b> Drink 64 ounces of water	<b>15</b> Spend 10 minutes stretching and/or foam rolling	<b>16</b> Run a mile as fast as you can	<b>17</b> Over a day, do 100 lunges	<b>18</b> Ride a bike for 30+ minutes	<b>19</b> Ride a bike for 30+ minutes
<b>20</b> Ride a bike for 30+ minutes	<b>21</b> Eat the recommended 3-5 servings of fruit/vegetables	<b>22</b> Try doing a handstand and/or hold it for 60 seconds	<b>23</b> Swim a total of 10 minutes	<b>24</b> Over the day, wall sit for a total of 5 minutes	<b>25</b> Try a new group fitness class	<b>26</b> Try a new group fitness class
<b>27</b> Try a new group fitness class	<b>28</b> Make all your own meals today	<b>29</b> Be physically active with your whole family	<b>30</b> Give out 3 genuine compliments	<b>31</b> Over the day, do 150 curl ups or sit ups		