Lancer Fit Bit Spring 2014 (Jan-Feb)

Lancer Fit Bit of the Day:

1. **JAN 8:** Perform scissor kicks for 1 minute (without stopping) **OR** Perform physio ball crunch 30 times while a partner tosses a 6 lb. medicine ball back and forth
   EXTREME: Perform 20 back hyper extensions while holding a 25 lb. plate
   Verse of the Day: 2 Corinthians 4:10

2. **JAN 9:** Run half lap on roof ; 10 push-ups; Run half lap on roof; 10 push- ups; 100 meter sprint; 30 crunches **OR** Sprint lap on roof; 10 jumping jacks; 10 lunges; 10 mountain climbers; 10 bicycle kicks
   EXTREME: 2 minutes of burpees; 2 laps on roof; 2 minutes jumping rope; 2 laps on roof; repeat twice
   Verse of the Day: I Corinthians 9:24

3. **JAN 10:** 30 crunches; 30 bicycles; 30 side crunches **OR** Plank with (24) alternating leg raises; 1 minute of scissor kicks; 40 crunches using ab mat
   EXTREME: Sprint one lap on roof; 20 burpees; 20 bicycle kicks; 20 sit ups; and 20 reverse crunches
   Verse of the Day: Luke 11:34

4. **JAN 11:** 2 sets of 12 side step ups holding a 10 lb. plate using a plyo box **OR** 20 minutes of cardio on ARC machine
   EXTREME: 25 burpees; 15 supermans; 30 mountain climbers; 25 squats holding 6 lb. slam ball; Repeat
   Verse of the Day: Philippians 3:21

5. **JAN 12**: 4 sets of 10 on standing calf raise machine **OR** Do walking lunges the length of the gym while curling dumbbells
   EXTREME: Figure 8's through legs with a 25 lb. kettle bell for 1 minute
   Verse of the Day: Proverbs 4:20-22

6. **JAN 13:** 25 assisted pull-ups in 5 minutes **OR** 25 assisted reverse pull-ups in 5 minutes
   EXTREME: 30 pull-ups and 30 chin-ups (no time limit)
   Verse of the Day: Psalm 139:16

7. **JAN 14:** Take a Cycling class **OR** Run (5) 20 second sprints on roof
   EXTREME: Perform (2 sets of 15) straight leg deadlifts then run (5) 20 second sprints on roof
   Verse of the Day: Ephesians 1:22-23

8. **JAN 15:** Use TRX band to complete 30 pull ups **OR** 20 TRX band push ups
   EXTREME: Use TRX band to complete 40/40 exercise (40 push- ups and 40 knee –ins)
   Verse of the Day: Proverbs 3:7-8

9. **JAN 16:** 20 assisted dips **OR** 3 sets of 10 diamond push-ups
   EXTREME: 50 Bosu ball push-ups in 2 minutes
   Verse of the Day: Matthew 10:28

10. **JAN 17:** 110 sit ups in 5 minutes **OR** Hold a plank for 90 seconds
    EXTREME: 50 oblique twist sit ups with an 8 lb. medicine ball in 6 minutes
    Verse of the Day: Proverbs 17:22

11. **JAN 18:** 30 Reverse crunches **OR** 5 sets of 15 physio ball cobras
    EXTREME: Ab bicyles for 90 seconds; 50 mountain climbers; 1 mile run; 50 squats
    Verse of the Day: Proverbs 15:30

12. **JAN 19:** Complete 1 auto belay route on rock wall **OR** Complete 2 auto belay routes

EXTREME: Complete 1 bouldering route
Verse of the Day: Psalm 18:2

13. **JAN 20:** Run 3 miles in 30 minutes **OR** 3 sets of 15 leg extensions with half of your body weight
EXTREME: 2 sets of 10 leg extensions using one leg with half of your body weight (2 sets each leg)
Verse of the Day: Malachi 2:15

14. **JAN 21:** 75 plyo-box jumps in 8 minutes **OR** 40 frog jumps with 10 lb. medicine ball
EXTREME: 40 split squats using 10 lb. medicine ball in 2 minutes
Verse of the Day: Proverbs 16:24

15. **JAN 22:** 15 alternating step ups on plyo box; 15 squats; plank for 60 seconds **OR** Run ½ mile and do 30 burpees
EXTREME: Jog 2 miles; 30 jumping lunges; 30 burpees; 30 bodyweight squats; 30 mountain climbers
Verse of the Day: Hebrews 12:1

16. **JAN 23:** Make 25 free throws (no time limit) **OR** Make 10 3-pointers in 5 minutes
EXTREME: Make 3 half court shots in 20 attempts (Do not necessarily have to make all 20 but at least try all attempts)
Verse of the Day: Ephesians 5:29-30

17. **JAN 24:** Use a battle rope for 5 minutes (with 1 min. intervals) **OR** Do a plyo-box workout for 10 minutes
EXTREME: Row machine for 10 minutes and jump rope for 5 minutes (with 1 min. intervals)
Verse of the Day: Psalm 41:1-3

18. **JAN 25:** 3 sets of (20) lat pull downs **OR** 3 sets of 15 seated rows
EXTREME: Adjust the rope machine and do rope pulls while holding a squat for 3 minutes then do 3 minutes of seated rows on rowing machine
Verse of the Day: I Corinthians 12:21-26

19. **JAN 26:** Do 2 sets of 12 on chest fly machine **OR** 2 sets of 10 lateral raises with 10 lb. dumbbells
EXTREME: 25 Spiderman push-ups
Verse of the Day: Proverbs 14:30

20. **JAN 27:** Hit punching bag for 5 minutes **OR** Take a boxing boot camp class
EXTREME: Hit punching bag for 10 minutes
Verse of the Day: Isaiah 38:16

21. **JAN 28:** Walk on treadmill at 15 degree incline for 20 minutes **OR** Run on treadmill with 2 degree incline for 8 minutes
EXTREME: Run 20 laps in less than 20 minutes on roof track
Verse of the Day: I Thessalonians 4:4

22. **JAN 29:** 25 Dumbbell curls **OR** 25 preacher curls
EXTREME: Do 50 (25 each arm) bent over rows (keep lower back straight)
Verse of the Day: I Corinthians 12:12

23. **JAN 30:** 1 mile run with 25 burpees **OR** 1 mile run with 25 slam ball squats
EXTREME: 2 mile run with 6lb. slam ball
Verse of the Day: Galatians 5:7

24. **JAN 31:** Play a game of racquetball **OR** Take a step class
EXTREME: Take the Lancer Insanity class

Verse of the Day: I Peter 4:1

25. **FEB 1:** 2 minutes of high knees without stopping and leg circles for 30 seconds **OR** 2 sets of (10) burpees on bosu ball (Push up on bosu ball and lift above head when standing)
    EXTREME: Take a cardio kickboxing class
    Verse of the Day: Jeremiah 30:17

26. **FEB 2:** 3 sets of Bosu ball mountain climbers for 90 seconds **OR** 3 sets of 15 accordion knee tucks with medicine ball
    EXTREME: 4 sets of medicine ball (6lb.) wood chops (2 high-low and 2 low-high each side)
    Verse of the Day: Psalm 16:9-11

27. **FEB 3:** Go to roof and run (5) lengths of soccer field in 4 minutes **OR** Run 5 sets of lines in basketball gym in 3.5 minutes
    EXTREME: Run 10 laps on roof holding a 6lb. slam ball
    Verse of the Day: Matthew 6:25

28. **FEB 4:** Climb 40 floors in 15 minutes on step mill **OR** 50 step ups each leg (25 each side) using plyo boxes
    EXTREME: Climb 75 floors in 30 minutes on step mill
    Verse of the Day: Matthew 15:17-20

29. **FEB 5:** Do a side plank on each side for 60 seconds **OR** 40 alternating swimmers
    EXTREME: Do a one-legged plank for 60 seconds then switch to other leg
    Verse of the Day: I Corinthians 12:27-31

30. **FEB 6:** “LIKE” the CBU Personal Training and Recreation Center Face Book pages
    EXTREME: Have 2 friends “LIKE” both Face Book pages above
    Verse of the Day: Proverbs 16:28