

## Exercise Challenge Packet

This exercise challenge packet includes four separate challenges and customizable materials you can use to launch your challenge.

The four challenges are:

- Plank challenge
- Push-up Challenge
- Sit-up Challenge
- Step Challenge

The customizable materials are:

- Registration announcement – We recommend you send this two weeks before you start the challenge.
- Promotional announcement – We recommend you send this one week before you start the challenge.
- Reminder email – We recommend you send this the morning the challenge begins.
- Challenge tracker – We recommend you send this as people sign up for the challenge.

Exercise demonstrations for the plank, push-up and sit-ups challenges are included.



*\*Please check with your doctor before beginning any exercise program.*



## The Plank Challenge

**Goal:** Plank every day for two weeks while recording your best time each day.



\*Please check with your doctor before beginning any exercise program.

## Registration Announcement

*Customize the **blue** text below with your challenge information.  
Then, copy and paste into an e-mail or newsletter or post on your intranet.*

Build your core strength with this **Two-week Plank Challenge**! Challenge yourself to plank every day for two weeks, see how long you can hold your plank and record your best time each day. The challenge will run from [date] to [date] and is available for anyone to join!

To register, e-mail [e-mail address] and you will get a tracker to record your time you held your plank each day. Keep the following dates in mind below:

Challenge Start Date: [date]

Challenge End Date: [date]



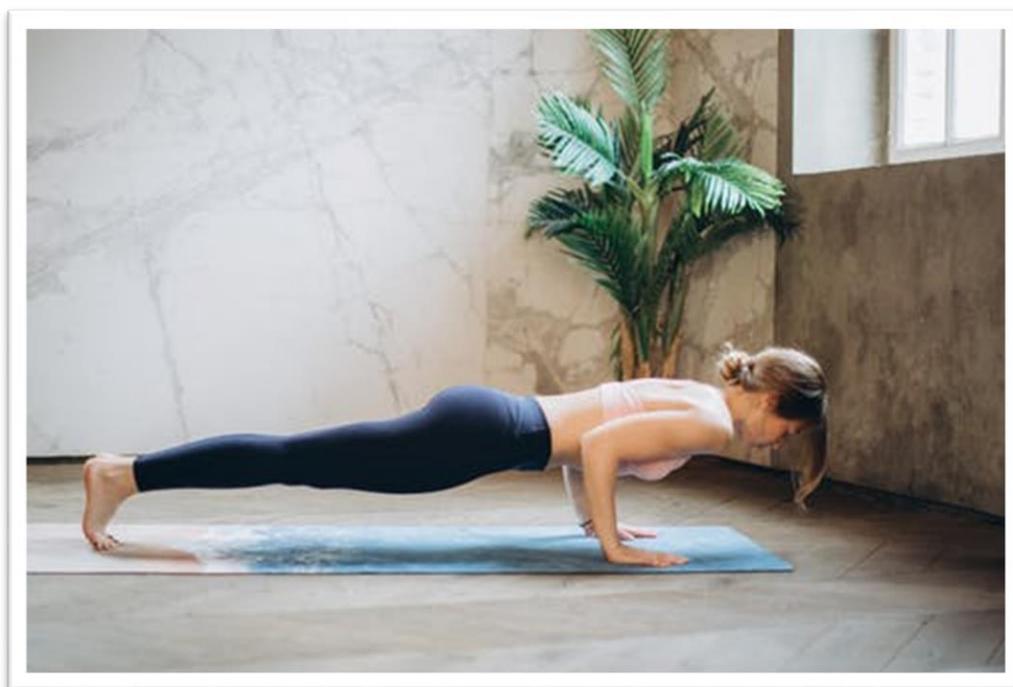
Questions? Contact [name] at [e-mail].

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## Promotional Announcement

*Customize the **blue** text below with your challenge information.  
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### The Plank Challenge



**Challenge goal:** Record your best time every day that you held your plank.

**Challenge start and end dates:** <Customize here>

**Registration information:** <Customize here>

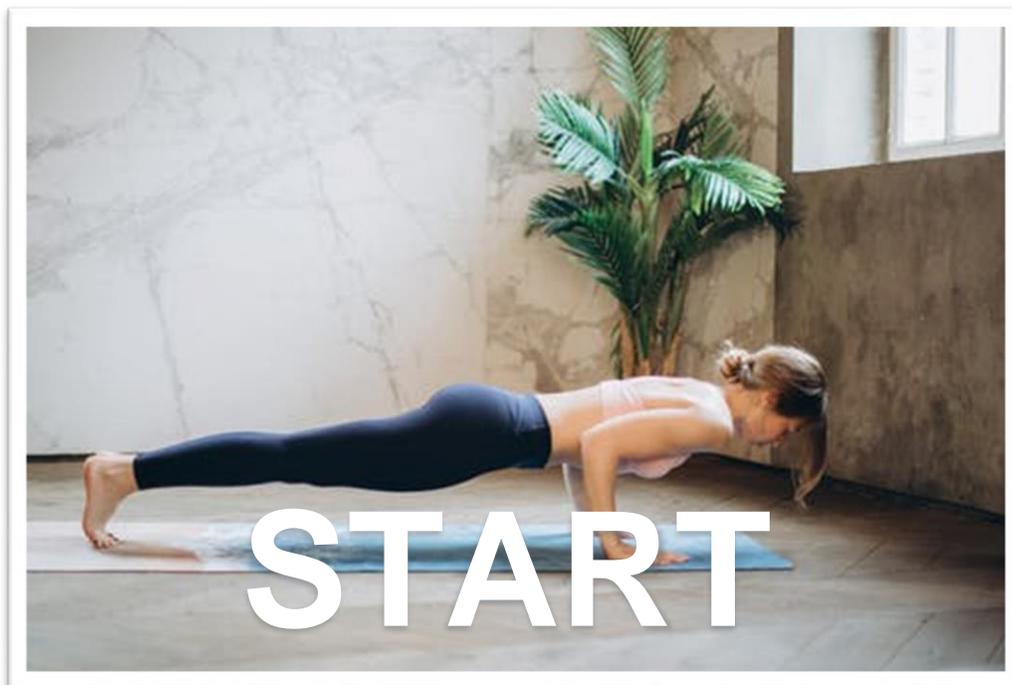
**Incentive information:** <Customize here if incentivized>

Questions? Contact [name] at [e-mail].

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## Reminder E-mail

*Customize the **blue** text below with your challenge information.  
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### Ready, set, plank!

Today's the first day of the **Two-week Plank Challenge**

**Challenge goal:** Track your best time every day that you held your plank on your tracking sheet. You can refer to the included instructions on how to perform the plank.

At the end of the challenge, report back to **<name>** at **<e-mail>** with your best times during the challenge.

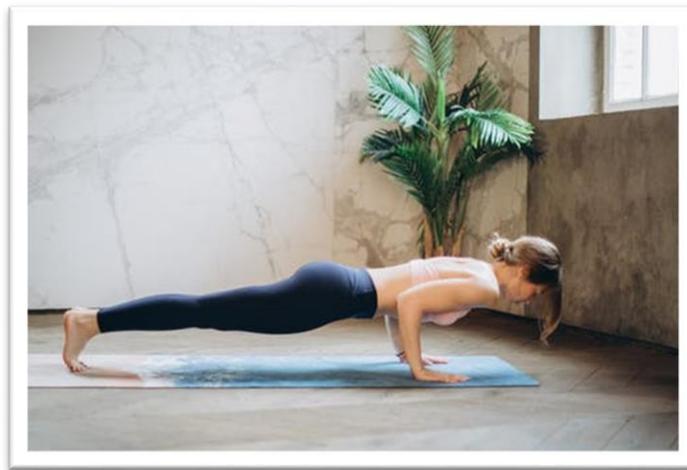
Questions? Contact **[name]** at **[e-mail]**.

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## The Two-week Plank Challenge Tracker

Customize the *blue* text below with your challenge information.  
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**Challenge goal:** See how long you can hold your plank every day.  
Record your best time each day.



### Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

### Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

[Customize here how you want your members to report their progress]  
Submit your tracker to [name] at [e-mail] at the end of the challenge.

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## How to plank



### Step one:

Starting Position: Lie on your stomach with your elbows close to your sides and directly under your shoulders, palms down and hands facing forward. Extend your legs and squeeze your quadriceps pulling your toes towards your shins. Contract your core and abdominal muscles to stiffen your torso, drawing your abdomen to your spine.

### Step two:

Slowly lift your entire torso off the floor, maintaining a stiff torso and legs. Avoid any arching (sagging) in your low back, hiking (upwards) in your hips or bending in the knees. Avoid shrugging your shoulders and keep your shoulders positioned directly over your elbows with your palms facing down. Continue to breathe while holding this position for as long as you can. Remember to breathe and do not hold your breath.

If you experience any pain in the low back with this movement, stop the exercise immediately and consult with your doctor.

Source: <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/32/front-plank/>

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## The Two-week Push-up Challenge

**Challenge goal:** Track how many pushups you can do in one-minute every day for two weeks.



\*Please check with your doctor before beginning any exercise program.

## Registration Announcement

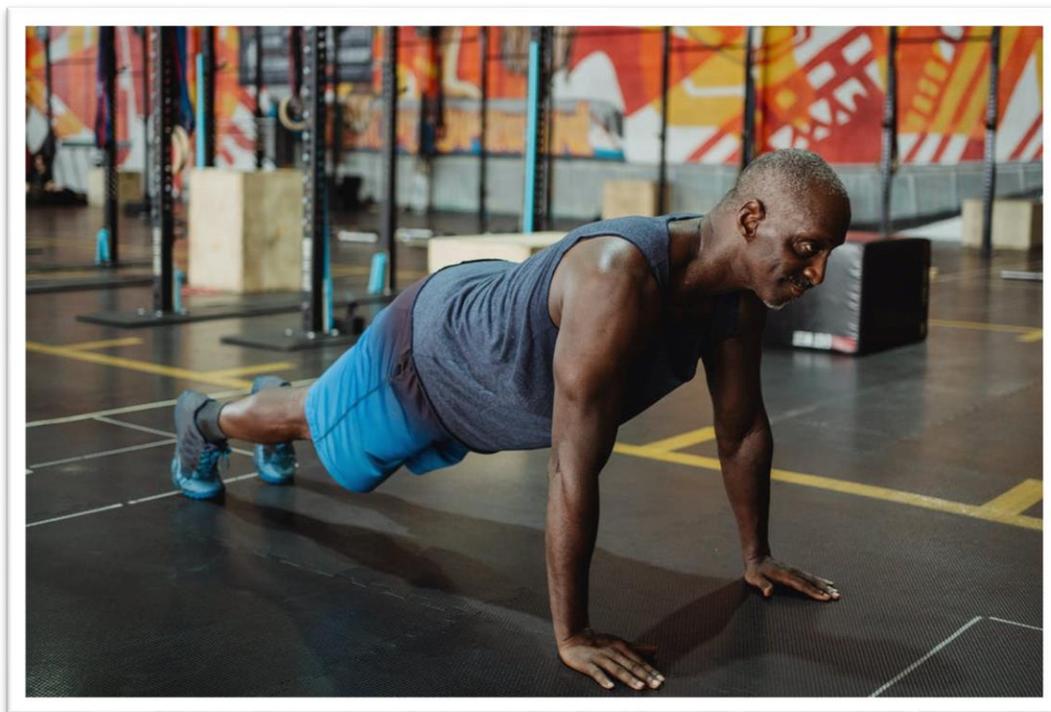
*Customize the **blue** text below with your challenge information.  
Then, copy and paste into an e-mail or newsletter or post on your intranet*

Build your strength with this **Two-week Push Up Challenge!** Challenge yourself to do as many pushups as you can for one minute every day for two weeks. Take breaks as needed. You can complete the pushups on your knees, or toes. The challenge will run from [date] to [date] and is available for anyone to join!

To register, e-mail [e-mail address] and you will get a tracker to list the number of pushups you completed in 1 minute each day. Keep the following dates in mind below:

Challenge Start Date: [date]

Challenge End Date: [date]



Questions? Contact [name] at [e-mail].

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## Promotional Announcement

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### Two-Week Push-Up Challenge



**Challenge goal:** Complete as many push-ups as you can in one-minute and record the number you complete on your tracker.

**Challenge start and end dates:** <Customize here>

**Registration information:** <Customize here>

**Incentive information:** <Customize here if incentivized>

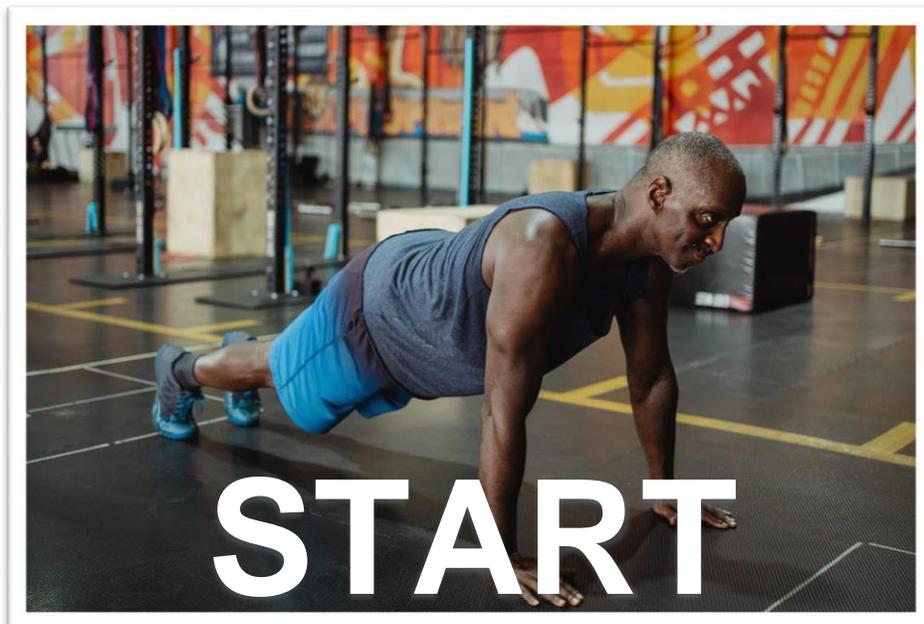
Questions? Contact [name] at [e-mail].

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## Reminder E-mail

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Then, copy and paste into an e-mail or newsletter or post on your intranet.*

### Two-Week Push-Up Challenge



Ready, set, go!

Today's the first day of the **Two-week Push-Up challenge**

**Challenge goal:** Complete as many push-ups as you can in one-minute and record the number you complete on your tracker.

[Customize here how you want your members to report their progress]

Submit your tracker to <name> at <e-mail> with the number of days you had a salad.

Questions? Contact [name] at [e-mail].

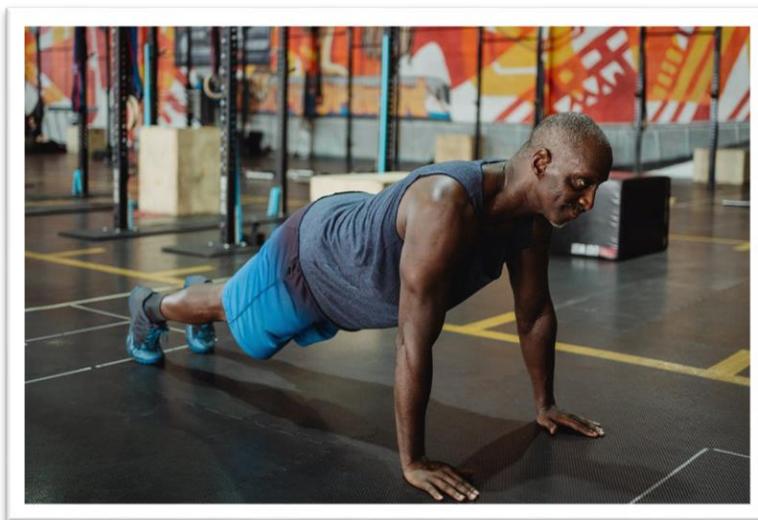
*\*Please check with your doctor before beginning any exercise program.*



## Two-week Push Up Challenge Tracker

Customize the *blue* text below with your challenge information.  
Then, copy and paste into an e-mail or newsletter or post on your intranet.

**Challenge goal:** Do as many pushups as you can for one minute every day for two weeks.  
Take breaks as needed. You can do these on your knees, or toes.



### Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

### Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

[Customize here how you want your members to report their progress]

Submit your tracker to [name] at [e-mail] at the end of the challenge.

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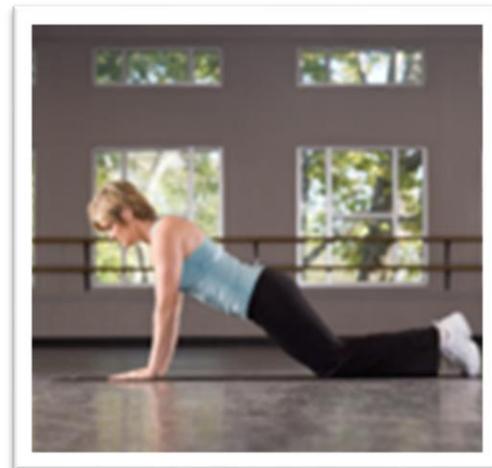
## How to do push-ups on your knees

### Step one:

Starting Position: Kneel on an exercise mat or floor and bring your feet together behind you.

### Step two:

Slowly bend forward to place your palms flat on the floor, positioning your hands shoulder-width apart with your fingers facing forward. Slowly shift your weight forward until your shoulders are positioned directly over your hands. Reposition your hands as needed to allow full extension of your body from the knees without any bend at the hips. Stiffen your torso by contracting your core and abdominal muscles.



### Step three:

Slowly lower your body towards the floor while maintaining a rigid torso and head aligned with your spine. Do not allow your low back to sag or your hips to hike upwards during this downward phase. Continue to lower yourself until your chest or chin touch the floor. Your elbows should remain close to the sides of your body or flare outwards slightly.

### Step four:

Press upwards through your arms while maintaining a rigid torso and head aligned with your spine. Do not allow your low back to sag or your hips to hike upwards. Continue pressing until the arms are fully extended at the elbows but not locked out.

Push-ups place stress upon the wrist joints. To alleviate some of this stress you may opt to use dumbbells and grip the handles rather than place your hands on the floor. If you are pressing from an elevation such as a dumbbell, you do not need to lower your chest or chin to the floor, but rather lower yourself until your chest or chin are level with the dumbbell handles.

Source: <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/13/bent-knee-push-up/>

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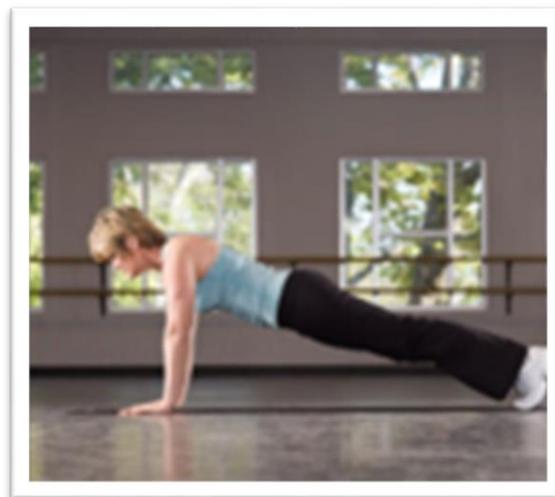
## How to do a push-up on your toes

### Step one:

Starting position: Kneel on an exercise mat or floor and bring your feet together behind you.

### Step two:

Slowly bend forward to place your palms flat on the floor, positioning your hands shoulder-width apart with your fingers facing forward or turned slightly inward. Slowly shift your weight forward until your shoulders are positioned directly over your hands. Reposition your hands as needed to allow full extension of your body without any bend at the hips or knees. Stiffen your torso by contracting your core/abdominal muscles, your glute and quadriceps muscles and align your head with your spine. Place your feet together with your toes pointed towards your shins.



### Step three:

Slowly lower your body towards the floor while maintaining a rigid torso and head aligned with your spine. Do not allow your low back to sag or your hips to hike upwards during this downward phase. Continue to lower yourself until your chest or chin touch the mat/floor. Allow your elbows to flare outwards during the lowering phase.

### Step four:

Press upwards through your arms while maintaining a rigid torso and head aligned with your spine. For extra strength think about pushing the floor away from you. Do not allow your low back to sag or your hips to hike upwards. Continue pressing until the arms are fully extended at the elbows but not locked out.

### Step five:

An alternative position is to turn your hands to face forwards and keep your elbows close to your sides during the downward phase. This shifts the emphasis from the chest muscles onto the triceps and may reduce stresses in the shoulder joint. Pushing through the heel and outside surface of your palm provides greater force in your press and stability to your shoulders.

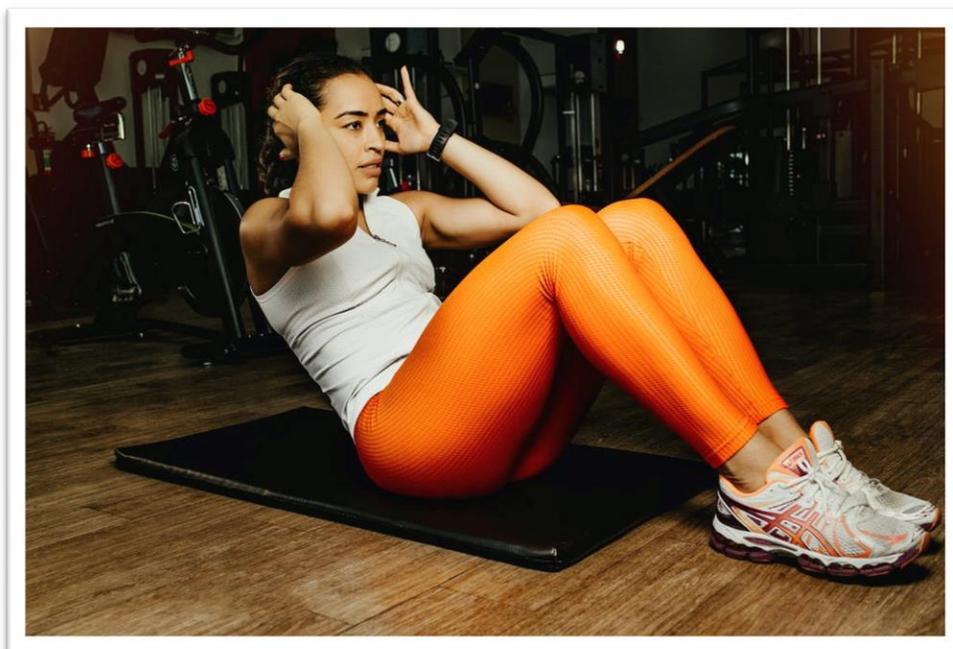
Source: <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/41/push-up/>

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## Two-week Sit-up Challenge

**Goal:** Record the number of sit-ups you complete in one-minute each day.





## Registration Announcement

*Customize the **blue** text below with your challenge information.  
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Build your core strength with this **Two-week Sit-ups Challenge!** Challenge yourself to do as many sit-ups as you can for one-minute every day for two weeks. Take breaks as needed. The challenge will run from [date] to [date] and is available for anyone to join!

To register, e-mail [e-mail address] and you will get a tracker to list the number of sit-ups you completed in one-minute each day. Keep the following dates in mind below:

Challenge Start Date: [date]

Challenge End Date: [date]



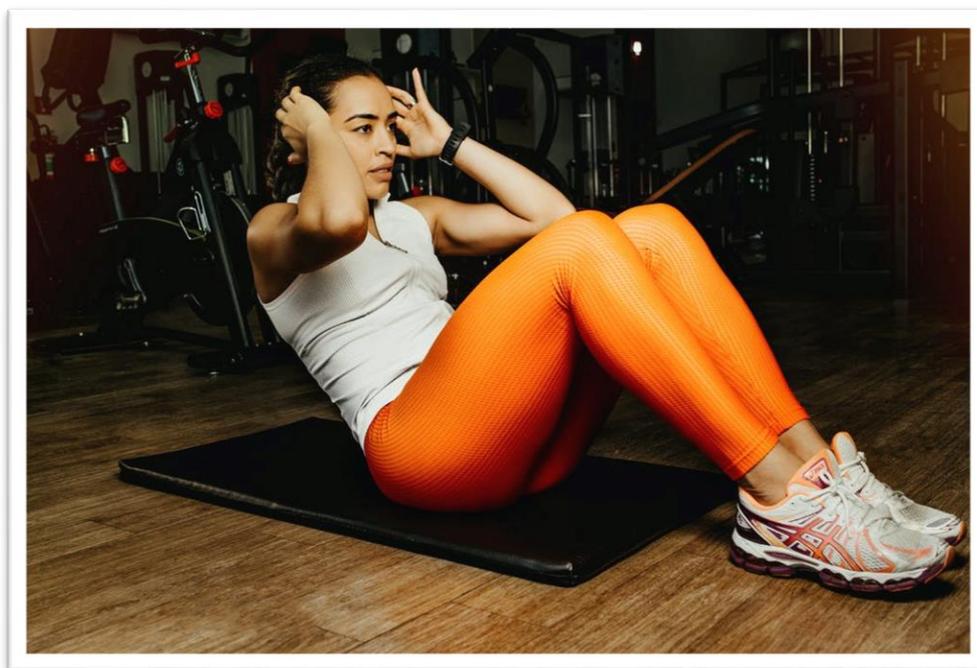
Questions? Contact [name] at [e-mail].

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## Promotional Announcement

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### Two-week Sit-ups Challenge



**Challenge goal:** Record the number of sit-ups you complete in one-minute each day.

**Challenge start and end dates:** <Customize here>

**Registration information:** <Customize here>

**Incentive information:** <Customize here if incentivized>

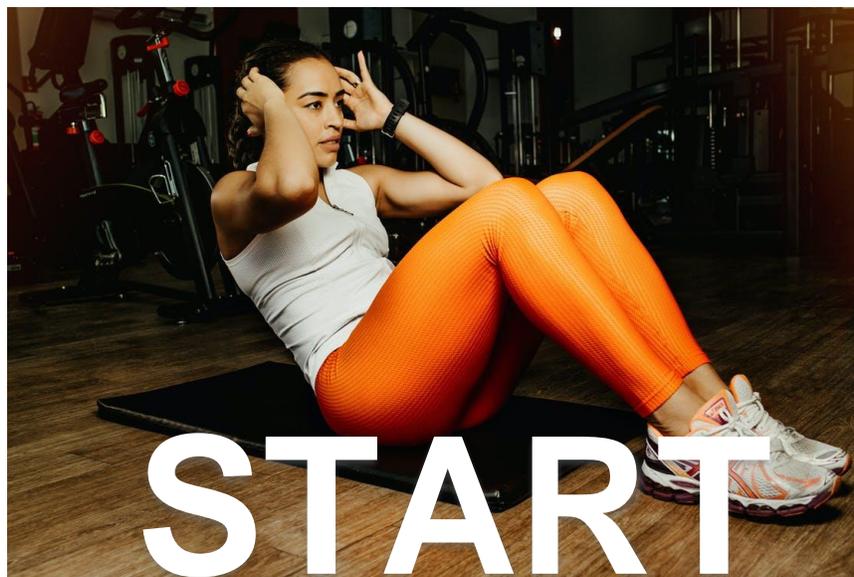
Questions? Contact [name] at [e-mail].

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## Reminder E-mail

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### The Two-Week Sit-ups Challenge



Ready, set, sit-ups!

Today's the first day of the **Two-Week Sit-ups Challenge**

**Challenge goal:** Track the number of sit-ups you complete in one-minute on your tracking sheet.

At the end of the challenge, report back to **<name>** at **<e-mail>** with the number sit-ups you completed each day during the challenge.

Questions? Contact **[name]** at **[e-mail]**.

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## Two-week Sit-ups Challenge Tracker

Customize the *blue* text below with your challenge information.  
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**Challenge goal:** Do as many sit-ups as you can for one-minute every day for two weeks.



### Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

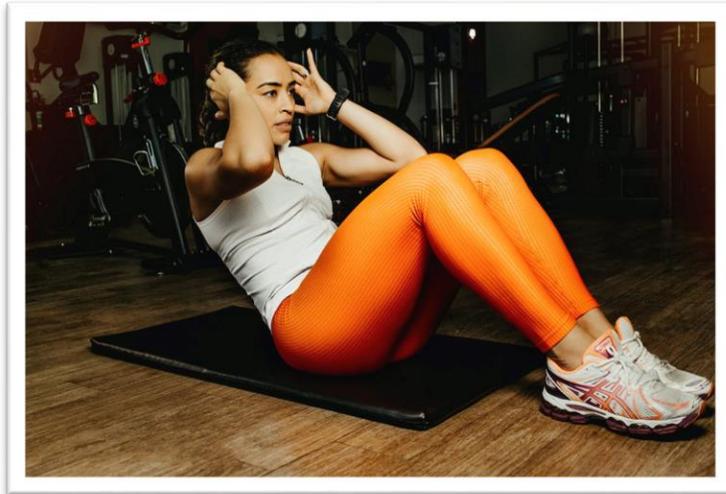
### Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

[Customize here how you want your members to report their progress]  
Submit your tracker to [name] at [e-mail] at the end of the challenge.

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## How to do a sit-up



### Step one:

Starting position: Lie on your back with your knees bent, feet flat on the floor and heels 12 - 18" from your tailbone.

### Step two:

Place your hands behind your head, squeezing your shoulder blades together and pulling your elbows back without arching your low back. This elbow position should be maintained throughout the exercise. Align

your head with your spine, keeping the chin tucked towards the chest as if you are holding an apple between your chin and your chest.

### Step three:

Exhale and contract your abdominal and core muscles and drop your chin slightly towards your chest while slowly curling your torso towards your thighs. The movement should focus on pulling your rib cage towards your pelvis (the neck stays relaxed while the chin is tucked towards the neck). Your feet should always remain in contact with the floor. Continue curling your upper body all the way up toward your knees.

### Step four:

Gently inhale and slowly uncurl (lower) your torso back towards the floor in a controlled fashion keeping your feet, tailbone, and low back in contact with the floor.

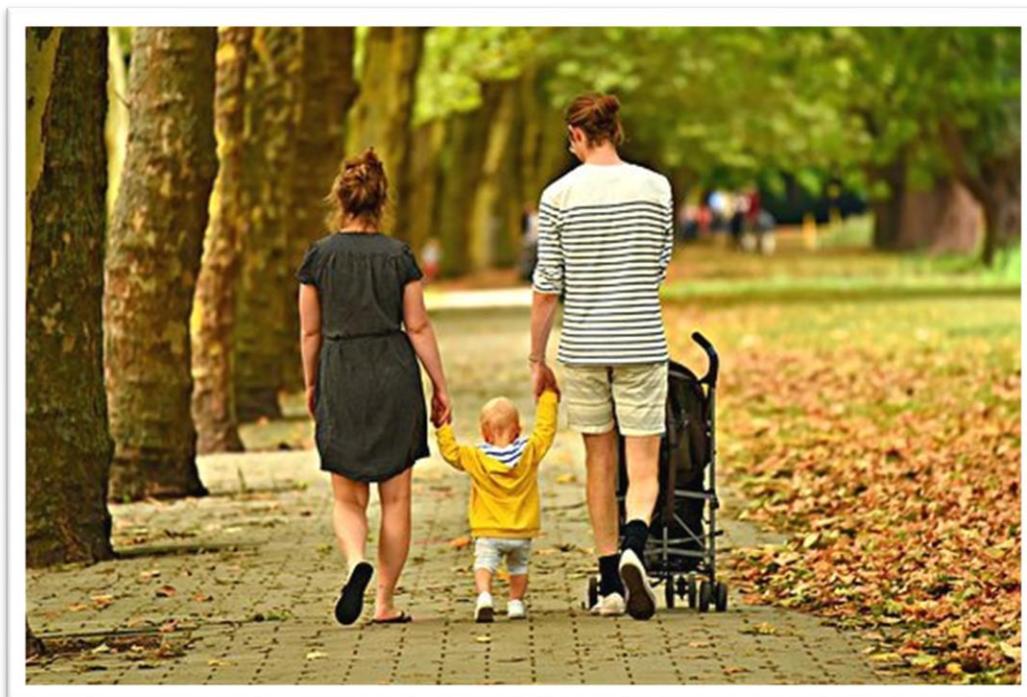
Proper form is important for this exercise to prevent excessive stress on your low back. Individuals usually perform this movement too rapidly and recruit the hip flexors to assist with the upward phase. This technique tilts the pelvis, increasing the stress on the low back and should be avoided. The abdominals connect the rib cage to the pelvis so the movement should focus on bringing these two body parts closer together while keeping the neck and shoulders relaxed.

Source: <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/52/sit-ups/>

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## Two-week Step Challenge

**Challenge goal:** To get as many steps as you can each day for two weeks.



## Registration Announcement

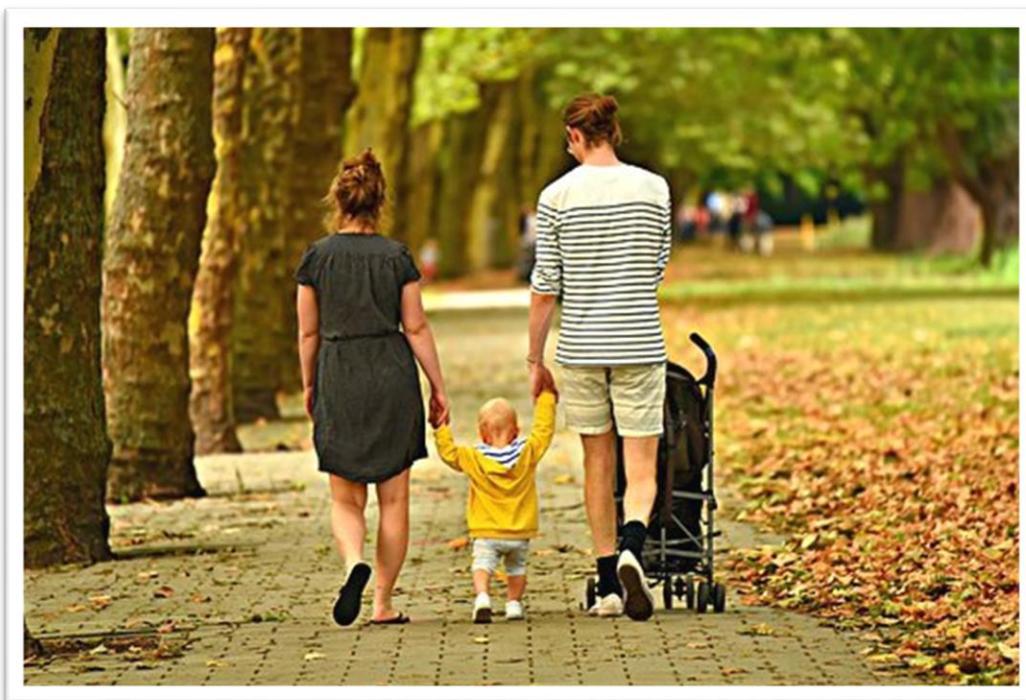
*Customize the **blue** text below with your challenge information.  
Then, copy and paste into an e-mail or newsletter or post on your intranet.*

Work more steps into your day with this **Two-week Step Challenge!** Challenge yourself to get as many steps as you can each day for two weeks. The challenge will run from **[date]** to **[date]** and is available for anyone to join!

To register, e-mail **[e-mail address]** and you will get a tracker to track your daily step count. Keep the following dates in mind below:

Challenge Start Date: **[date]**

Challenge End Date: **[date]**



Questions? Contact **[name]** at **[e-mail]**.

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## Promotional Announcement

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### Two-week Step Challenge



**Challenge goal:** Record the number of steps you take each day.

**Challenge start and end dates:** <Customize here>

**Registration information:** <Customize here>

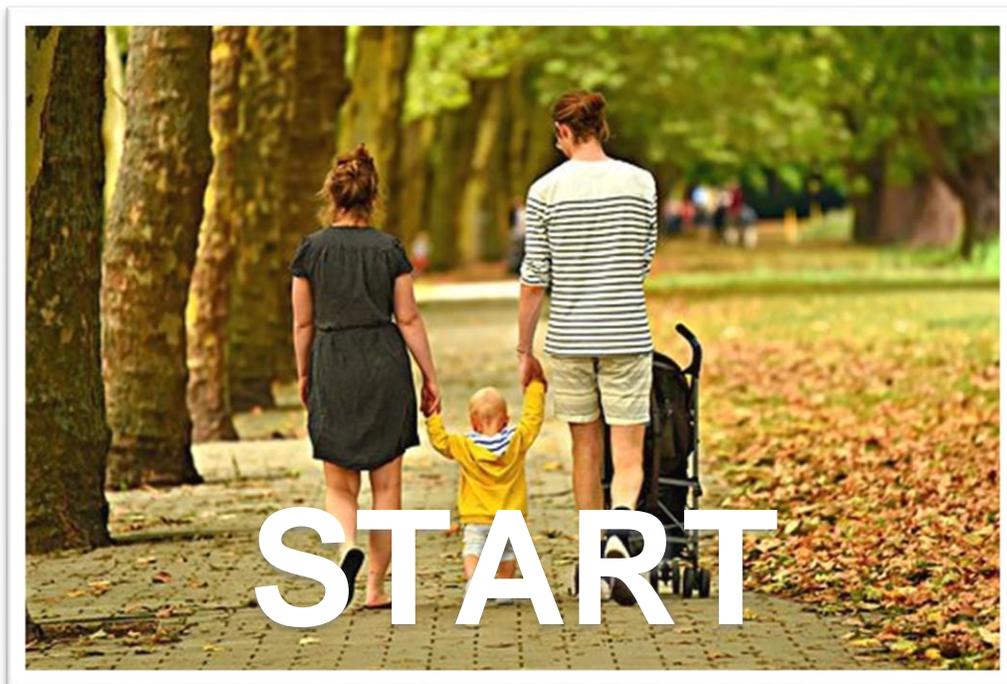
**Incentive information:** <Customize here if incentivized>

Questions? Contact [name] at [e-mail].

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## Reminder E-mail

*Customize the **blue** text below with your challenge information.  
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Ready, set, step!

Today's the first day of the **Two-Week Step Challenge**

**Challenge goal:** Track your daily steps on your tracking sheet.

At the end of the challenge, report back to [<name>](#) at [<e-mail>](#)  
with your daily step count during the challenge.

Questions? Contact [\[name\]](#) at [\[e-mail\]](#).

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## Two-week Step Challenge Tracker

Customize the *blue* text below with your challenge information.  
Then, copy and paste into an e-mail or newsletter or post on your intranet

**Challenge goal:** Record the number of steps you take each day.



### Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

### Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

[Customize here how you want your members to report their progress]  
Submit your tracker to [name] at [e-mail] at the end of the challenge.

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