

Up & Down!

August 2020 COA Fitness Challenge

Name:

Address:

Phone Number:

Email:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Reps: Type: Start Time: Finish Time:
2 Reps: Type: Start Time: Finish Time:	3 Reps: Type: Start Time: Finish Time:	4 Reps: Type: Start Time: Finish Time:	5 Reps: Type: Start Time: Finish Time:	6 Reps: Type: Start Time: Finish Time:	7 Reps: Type: Start Time: Finish Time:	8 Reps: Type: Start Time: Finish Time:
9 Reps: Type: Start Time: Finish Time:	10 Reps: Type: Start Time: Finish Time:	11 Reps: Type: Start Time: Finish Time:	12 Reps: Type: Start Time: Finish Time:	13 Reps: Type: Start Time: Finish Time:	14 Reps: Type: Start Time: Finish Time:	15 Reps: Type: Start Time: Finish Time:
16 Reps: Type: Start Time: Finish Time:	17 Reps: Type: Start Time: Finish Time:	18 Reps: Type: Start Time: Finish Time:	19 Reps: Type: Start Time: Finish Time:	20 Reps: Type: Start Time: Finish Time:	21 Reps: Type: Start Time: Finish Time:	22 Reps: Type: Start Time: Finish Time:
23 Reps: Type: Start Time: Finish Time:	24 Reps: Type: Start Time: Finish Time:	25 Reps: Type: Start Time: Finish Time:	26 Reps: Type: Start Time: Finish Time:	27 Reps: Type: Start Time: Finish Time:	28 Reps: Type: Start Time: Finish Time:	29 Reps: Type: Start Time: Finish Time:
30 Reps: Type: Start Time: Finish Time:	31 Reps: Type: Start Time: Finish Time:	<p>Complete as many burpees (up downs) as you can safely do. A brief instructive video is featured on our website demonstrating a burpee (up down) along with several modifications and an explanation of the many benefits this exercise provides.</p> <p>Turn this form in, either by mail or in person, by September 7th to be entered into a drawing to win a prize. Make sure to include your contact information so we can get in touch with you. Have Fun!</p>				