



**FEISTY 50  
FITNESS CHALLENGE**  
THURSDAY 21st JANUARY  
**WEEK 2**  
**TIME CHALLENGE:  
3K / 5K / 10K**



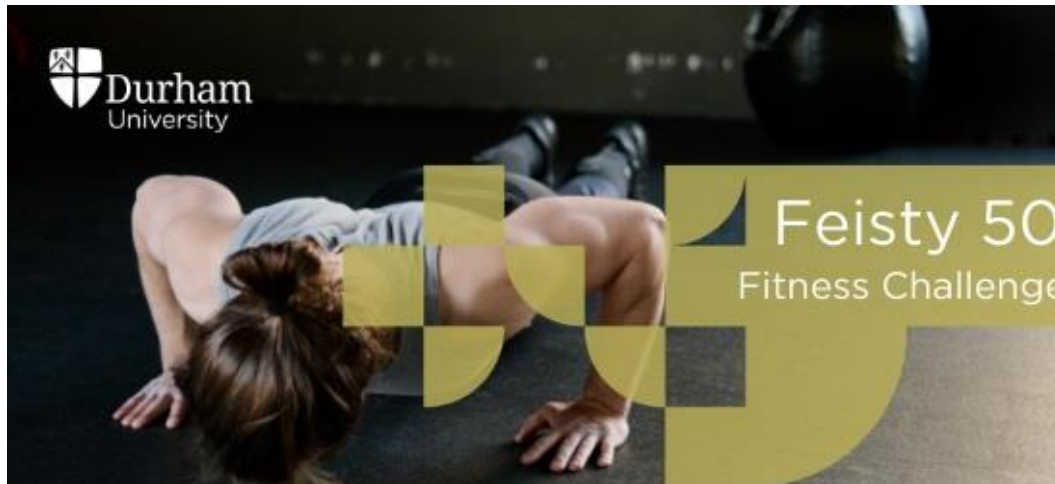
# FEISTY 50 FITNESS CHALLENGE

MONDAY 11TH JANUARY

## WEEK 1

IN 7 MINS  
COMPLETE AS MANY ROUNDS  
AS POSSIBLE OF  
5 HAND-RELEASE PUSH-UPS  
10 SIT-UPS  
15 AIR SQUATS

\*Score is total reps



Feisty 50  
Fitness Challenge