

# ST CUTHBERT'S HOSPICE PRESENTS

## 30 Day Fitness Challenge

St Cuthbert's Hospice



*Making every day count since 1988*



**Welcome to the St Cuthbert's Hospice 30 Day Fitness Challenge kindly designed by PureGym! Throughout your chosen month you will complete 30 days of 30-minute workouts. These will vary each day and hopefully by the end of the month you will see an improvement in your fitness levels!**

**There's no minimum recommended sponsorship but we would love for you to support the Hospice while taking on the challenge. You can find a sponsorship form to download on our website or why not create your own JustGiving page here:**

**[https://www.justgiving.com/stcuthbertshospice.](https://www.justgiving.com/stcuthbertshospice)**

**Let's get started!**

## **Day 1 – TESTING CHALLENGE**

Let's start the month with some challenges! The aim is we will repeat this workout a further two times throughout the month and the aim will be to increase the number of reps each time you test!

- How many squats can you do in one minute?
- How many push ups can you do in one minute?
- How many sit ups can you do in one minute?
- How many star jumps can you do in one minute?
- How long does it take you to walk one mile?

## **Day 2 – ALPHABET GAME**

Set a 30-minute timer. Spell out your full name, street name and 'St Cuthbert' and complete the corresponding exercises (10 reps on each). Once you have completed all three, go round again and see how many times you can spell the words in 30 minutes.

**A – Crunches**

**B – High knees**

**C – Squats/squat jumps**

**D – Press ups**

**E – Lunges**

**F – Bicycle crunches**

**G – Mountain climbers**

**H – Burpees**

**I – Plank (30 seconds)**

**J – Glute bridges**

**K – Wall chair (30 seconds)**

**L – Shoulder taps**

**M - Bicycle crunches**

**N – Glute bridge hold**

**O – In out squat jumps**

**P - Glute kickbacks**

**Q - Flutter kicks**

**R – Lateral side shuffle**

**S – Y jumps**

**T – Side lunges**

**U - Lunge jumps**

**V – Star jumps**

**W - Sumo squats**

**X – Scissor kicks**

**Y - Leg raises**

**Z – Pulse squats**

## **Day 3 – Strava Challenge Day**

For today, we want you to get outdoors!

If you have Strava or a tracking app, we want you to set this away for a walk and try to draw a picture on the map! 30 minutes of exercise, 30 minutes to draw a picture on the map!

If you don't have Strava you can download it for free or just walk for 30 minutes without.

## **Day 4 – Stretch and mobility workout**

We want to make sure your body is recovering nicely each week and you're taking the time to stretch and mobilise. Today will be focused on recovery so you're ready for the next days! Hold each stretch for around 15 seconds before moving on:

- Lying hamstring stretch
- Lying glute stretch
- Happy baby stretch
- Child's pose into lat stretch
- Lying quad stretch
- Hip flexor stretch
- Full upper body stretch

## **Day 5 – Strength workout**

Today we are focusing on strength-based exercises. If you have any weights at home, feel free to add these to certain exercises (like squats for example). A weight can be anything! (Think of food in your cupboards, bottle of water etc)

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 30 seconds between each round:

- Squats x 15
- Push-ups x 15
- Lunges x 15 (each leg)
- Sit-ups/crunches x 15

## **Day 6 – Challenge Day!**

Something a little different for challenge days! If you're doing this with a partner or a friend let's make sure you keep them accountable and truthful on this one! You can perform the exercises as you go, or if you prefer build them up and complete on the evening, it depends how many you want to do in one go!

Every time you open the fridge, we want you to complete 15 squats! Complete them as you go, or all together at the end of the day!



## **Day 7 – Burn It workout**

Today we are focusing on cardio exercises. We will be performing these for time rather than reps. Perform the following circuit, 30 seconds per exercise, taking 10-15 seconds in between exercises. Take 30-60 seconds between rounds. Perform the circuit 5-6 times depending on how much rest is needed:

- Squat jumps
- Mountain climbers
- Star jumps
- High knees
- Lunge jumps (lunges if needed)
- Press ups
- Burpees
- In out squat jumps

## **Day 8 – Cardio workout**

Let's get outside and get some steps or activity in! 30 minutes of being outdoors! Choose to go for a walk, play in the garden with the kids or grandkids, run, jog, bike ride anything you like! Try and cover as much distance/activity as possible!

## **Day 9 – Alphabet workout**

Set a 30 minute timer. Spell out your full name, street name and 'St Cuthbert' and complete the corresponding exercises (10 reps on each). This time, try and beat how many times you can complete this in 30 minutes.

**A – Crunches**

**B – High knees**

**C – Squats/squat jumps**

**D – Press ups**

**E – Lunges**

**F – Bicycle crunches**

**G – Mountain climbers**

**H – Burpees**

**I – Plank (30 seconds)**

**J – Glute bridges**

**K – Wall chair (30 seconds)**

**L – Shoulder taps**

**M - Bicycle crunches**

**N – Glute bridge hold**

**O – In out squat jumps**

**P - Glute kickbacks**

**Q - Flutter kicks**

**R – Lateral side shuffle**

**S – Y jumps**

**T – Side lunges**

**U - Lunge jumps**

**V – Star jumps**

**W - Sumo squats**

**X – Scissor kicks**

**Y - Leg raises**

**Z – Pulse squats**

## **Day 10 – Strava Challenge Day**

We're back outdoors today for another Strava challenge day!

This time, we want you to try and spell your name, 30 minutes to walk or run your name on the map!

## **Day 11 – Stretch and mobility workout**

We want to make sure your body is recovering nicely each week and you're taking the time to stretch and mobilise. Today will be focused on recovery so you're ready for the days ahead! Hold each stretch for around 15 seconds before moving on:

- Lying hamstring stretch
- Lying glute stretch
- Happy baby stretch
- Child's pose into lat stretch
- Lying quad stretch
- Hip flexor stretch
- Full upper body stretch

## Day 12 - Strength lower body and abs

Back to strength-based today! Again, feel free to add some weight to certain exercises.

Set a timer for 30 minutes. Perform the following circuit, each exercise for 30 seconds doing as many rounds as possible with good form. Rest 30 seconds between each round:

Squat round:

- Squats
- Sumo squats
- Triple pulse squats

Lunge round:

- Lunges
- Side lunges
- Curtsey lunges

Glutes and abs:

- Glute bridges
- Glute kickbacks (alternating leg each time)
- Plank hold

## **Day 13 – Challenge Day**

Back to challenge day! If you're doing this with a partner or a friend let's make sure you keep them accountable and truthful on this one! You can perform the exercises as you go, or if you prefer build them up and complete on the evening, depending on how many you want to do in one go!

Do you have anything that you complain about or always talk about?! Well, decide what the subject to avoid is and every time you mention or talk about it, 15 star jumps! Perform them as you go, or perform in one go at the end of the day!

## **Day 14 – Burn It workout**

Back to cardio today, for this workout, we want you to set a timer for 30 minutes (rest whenever is needed throughout the workout (possible at the end of each time through the exercises))

- Squat jumps
- Shoulder taps
- In out squat jumps
- Mountain climbers
- Burpees
- Lateral side shuffle

Start with 5 reps on each, once all have been completed go back to the beginning and complete 6 reps on each, adding 1 rep each time you finish all 6 exercises, see how many reps you end up on! Resting where needed.



## **Day 15 – TESTING CHALLENGE**

Let's see how you are getting on with your workouts! Try and beat your numbers from Day One!

- How many squats can you do in one minute?
- How many push ups can you do in one minute?
- How many sit ups can you do in one minute?
- How many star jumps can you do in one minute?
- How long does it take you to walk one mile?

## Day 16 – Roll The Dice

Have a couple of dice lying around the house? If yes, grab them for this workout! If not, not a problem, simply download a dice app on your phone. The aim on this one is you will have six exercises to complete, you will roll the dice before starting each exercise, the number on the dice will be how long you are performing the exercise for! This could be 10 seconds or even 60 seconds! Keep going through the exercises until 30 minutes is up!

- Squats (feel free to add weight)
- Squat jumps
- Press ups
- Burpees
- Lunges (feel free to add weight) alternate legs each time
- Plank hold

## **Day 17 – Strava Challenge Day**

We're back outdoors today for another Strava challenge day!

This time, we want you to try and write your name on the map again – you have 30 minutes to walk or run while spelling!

## **Day 18 – Stretch and mobility workout**

We want to make sure your body is recovering nicely each week and you're taking the time to stretch and mobilise. Today will be focused on recovery so you're ready for the days ahead! Hold each stretch for around 15 seconds before moving on:

- Lying hamstring stretch
- Lying glute stretch
- Happy baby stretch
- Child's pose into lat stretch
- Lying quad stretch
- Hip flexor stretch
- Full upper body stretch

## Day 19 - Strength upper body and abs

Back to strength based today! Again, feel free to add some weight to certain exercises.

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 30 seconds between each round:

### Round 1:

- Press ups x 15
- Shoulder press (stand up and use whatever you can use as a weight, think bottles of water, tins or food anything) x 15
- Crunches x 15

### Round 2:

- Shoulder taps x 15 (each side)
- Lateral raises x 15 (use weight)
- Leg raises x 15

### Round 3:

- Slow mountain climbers x 15 (each side)
- Front raises x 15 (use weight)
- Bicycle crunches x 15

## **Day 20 – Challenge Day**

Back to challenge day! If you're doing this with a partner or a friend let's make sure you keep them accountable and truthful on this one!

Today, for every hour you're awake, complete 10 sit ups/crunches! Complete them within the hour, or again build-up for the end of the day!

## **Day 21 – Burn It workout**

Back to cardio today! Complete all 8 exercises for 20 seconds per exercise with 10 seconds in between each exercise. The aim is you will increase the time each round, rest as much as you need to in between rounds and add 5 seconds to the exercise each time you start a new round. Do as many rounds as possible in 30 minutes!

- Star jumps
- Mountain climbers
- Burpees
- Shoulder taps
- Touch downs
- Lateral side shuffle
- Skaters
- High knees

## **Day 22 – Cardio workout**

Let's get outside and get some steps or activity in! 30 minutes of being outdoors! Choose to go for a walk, play in the garden with the kids or grandkids, run, jog, bike ride anything you like! Try and cover as much distance/activity as possible!

Can you beat your distance or steps from Day 8?



## Day 23 – Deck of cards

Do you have a deck of cards lying around the house? If yes, grab them for this workout! If not, not a problem, simply download a card app on your phone. This one is simple, 5 exercises representing the 4 suits and joker of a deck of cards. Turn over the card and that will determine the exercise and the number of reps you are completing. The workout is complete once the deck of cards is complete!

Hearts – squats (weighted or squat jumps, your choice)

Diamonds – Burpees or star jumps (option here as deck of cards can be brutal)

Spades – Press ups

Clubs – Mountain climbers

Joker – Your Choice

## **Day 24 – Strava Challenge Day**

We're back outdoors today for another Strava challenge day!

This time, we want you to try and cover the furthest distance you can in 30 minutes, run, walk, bike ride anything! Just lots of distance!

## **Day 25 – Stretch and mobility workout**

We want to make sure your body is recovering nicely each week and you're taking the time to stretch and mobilise. Today will be focused on recovery so you're ready for the week ahead! Hold each stretch for around 15 seconds before moving on:

- Lying hamstring stretch
- Lying glute stretch
- Happy baby stretch
- Child's pose into lat stretch
- Lying quad stretch
- Hip flexor stretch
- Full upper body stretch

## Day 26 - Strength Full body

Back to strength-based today! Again, feel free to add some weight to certain exercises.

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form.

Rest 30 seconds between each round:

Round 1:

- Squats x 15
- Press ups x 15
- Glute bridges x 15
- Plank hold x 30 seconds

Round 2:

- Lunges x 15 (each leg)
- Shoulder press x 15
- Glute kickbacks x 15 (each leg)
- Leg raises

Round 3:

- Sumo squats x 15
- Lateral raises x 15
- Glute bridge hold x 30 seconds
- Bicycle crunches x 15

## **Day 27 – Challenge Day**

Back to challenge day! If you're doing this with a partner or a friend let's make sure you keep them accountable and truthful on this one!

Today, every time you go to sit down, do 10 squats before you do! Your choice if you want to build them up!

## Day 28 – Burn It Workout

Back to cardio today! Complete each exercise for 20 seconds (try not to rest in between exercises) take a 10-15 second rest in between rounds, then complete for 25 seconds, then again for 30 seconds. Rest for around 30-60 seconds once a round has been completed 3 times.

Round 1:

- High knees
- Mountain climbers
- Squat jumps
- Press ups

Round 2:

- Burpees
- Plank
- Lunges
- Skaters

Round 3:

- Touchdowns
- Shoulder taps
- Star jumps
- Lateral side shuffle

## **Day 29 – Testing Challenge**

How have you done this month? Can you beat your scores from Day 1 and Day 15?

- How many squats can you do in one minute?
- How many push ups can you do in one minute?
- How many sit ups can you do in one minute?
- How many star jumps can you do in one minute?
- How long does it take you to walk one mile?

## Day 30 – Your Choice

Hooray – you’ve made it to the end, well done!

Choose your favourite workout from the month to finish off and then sit back and relax knowing you’ve completed the challenge all while supporting your local Hospice.

