



Best Self CHALLENGE

stretch your boundaries.

Take a
virtual
yoga
class

Drink 64
oz. of
water
daily

20 min
Cardio &
20 sec side
plank each
side

Take a
virtual
HIIT
class

45 squats
25
crunches
20 sec
plank

Do a Run
or walk
for 30
minutes

Take a
virtual
Muscle
Blast
class

5 Push-Ups
Run your
stairs 3x
Repeat

Go 1 day
eating less
than 10g
added
sugar

Leg Day!
20 lunges
each side
30 squats &
jump squats

Turn off all
screens at
8pm for one
night

Exercise for
at least 30
minutes for
3 days in a
row

Do 10
burpees,
push-ups
& squats

Leg Day!
20 lunges
each side
30 squats &
jump squats

Walk 1 min
Jog 1 min
for total of
30 minutes

March 17 - 31

At SAC we want you, our members, to continue your fitness and wellness lifestyle. Watch our Facebook & Instagram @clubstilly for live streaming classes, fitness meet-ups and workout, wellness and nutrition ideas. In addition, we are challenging you to stretch your boundaries and complete our virtual challenge while away!