

## Exercise of the Month:

# Heart Special Challenge

This month we revisit one of our previous Exercise of the Months, our '30 Minute FAT Burner' in the form of a monthly challenge to help you tone up and also exercise your heart, both very important for Valentine's!

<b>1</b> Row 500m 10 Renegade rows 10 Squats 10 Sit ups	<b>2</b> Treadmill 2 mins 10 Renegade rows 10 Squats 10 Sit ups	<b>3</b> REST DAY	<b>4</b> REST DAY	<b>5</b> Row 800m 14 Renegade push ups 14 Squats 14 Sit ups	<b>6</b> Treadmill 3mins 14 Renegade push ups 14 Squats 14 Sit ups	<b>7</b> REST DAY	<b>8</b> Row 1000m 16 Renegade push ups 16 Squats 16 Sit ups	<b>9</b> Treadmill 3.30 mins 16 Renegade push ups 16 Squats 16 Sit ups
<b>10</b> REST DAY	<b>11</b> Row 1200m 18 Renegade push ups 18 Squats 18 Sit ups	<b>12</b> Treadmill 3.45 mins 18 Renegade push ups 18 Squats 18 Sit ups	<b>13</b> REST DAY	<b>14</b> Treadmill 4mins 20 Renegade push ups 20 Squats 20 Sit ups	<b>15</b> REST DAY	<b>16</b> Row 1600m 22 Renegade push ups 22 Squats 22 Sit ups	<b>17</b> REST DAY	<b>18</b> Treadmill 4.30 mins 22 Renegade push ups 22 Squats 22 Sit ups
<b>19</b> Row 1800m 24 Renegade push ups 24 Squats 24 Sit ups	<b>20</b> Treadmill 5 mins 24 Renegade push ups 24 Squats 24 Sit ups	<b>21</b> REST DAY	<b>22</b> Row 2000m 26 Renegade push ups 26 Squats 26 Sit ups	<b>23</b> REST DAY	<b>24</b> Treadmill 5.30 mins 26 Renegade push ups 26 Squats 26 Sit ups	<b>25</b> REST DAY	<b>26</b> Row 2200m 28 Renegade push ups 28 Squats 28 Sit ups	<b>27</b> REST DAY
<b>28</b> Row 2500m Treadmill 6 mins 20 Renegade push ups 20 Squats 20 Sit ups								