

# 50 Day Challenge!

Day 1	Strength	Day 13	Strength	Day 25	Strength	Day 38	Strength
	Stretching		Stretching		Stretching		Stretching
Day 2	Strength	Day 14	Strength	Day 26	Strength	Day 39	Strength
	Stretching		Stretching		Stretching		Stretching
Day 3	Strength	Day 15	Strength	Day 27	Strength	Day 40	Strength
	Stretching		Stretching		Stretching		Stretching
Day 4	Strength	Day 16	Strength	Day 28	Strength	Day 41	Strength
	Stretching		Stretching		Stretching		Stretching
Day 5	Strength	Day 17	Strength	Day 29	Strength	Day 42	Strength
	Stretching		Stretching		Stretching		Stretching
Day 6	Strength	Day 18	Strength	Day 30	Strength	Day 43	Strength
	Stretching		Stretching		Stretching		Stretching
Day 7	Strength	Day 19	Strength	Day 31	Strength	Day 44	Strength
	Stretching		Stretching		Stretching		Stretching
Day 8	Strength	Day 20	Strength	Day 32	Strength	Day 45	Strength
	Stretching		Stretching		Stretching		Stretching
Day 9	Strength	Day 21	Strength	Day 33	Strength	Day 46	Strength
	Stretching		Stretching		Stretching		Stretching
Day 10	Strength	Day 22	Strength	Day 34	Strength	Day 47	Strength
	Stretching		Stretching		Stretching		Stretching
Day 11	Strength	Day 23	Strength	Day 35	Strength	Day 48	Strength
	Stretching		Stretching		Stretching		Stretching
Day 12	Strength	Day 24	Strength	Day 36	Strength	Day 49	Strength
	Stretching		Stretching		Stretching		Stretching
<b>Tick off the days, to win the prizes!</b> Name here ->				Day 37	Strength	Day 50	Strength
					Stretching		Stretching

## Links and Resources

<https://mtntactical.com/category/exercises/>

My suggested Body Weight Strength Workout, with clickable links for technique. Continuously working (not rushing) for your age in minutes (If adults/parents want to join in max of 15min):

- 6 X Squat/ jumping squat
- 30 Seconds Plank or side plank
- 6 (per side!) X Lunge / calf raise
- 6 X Pressup / suicide press-up
- 6 X Step up.
- 6 (per side!) Superman / russian twist

For Stretching try

<https://www.onepeloton.co.uk/> - free app for 30 - 60 days TALK TO YOUR PARENTS!

As sign up needed.

### **Excellent Stretching**

### **Excellent Yoga**

Sun Salutations, Pigeon & Hip openers are recommended. NOT Headstands

If you try strength - filter to bodyweight only please!

Yoga with Adriene - Cycle specific class

Simple hamstring stretches - Anytime but especially after a tough ride.

### **Want specialist help?**

**Dave Gerorge recommends <https://nickykeayfitness.com/about/>**