

SquashRocs – 100 Day Challenge

Name: _____

Date: _____

1) Choose your own set of exercises from the 'Fitness' sheet (write on the back of this sheet)

2) Do 10 of each exercise, every day for 100 days.

Rules: all exercises do not need to be completed in one go, you can spread them out over the day, as long as they are all completed in each and every day.

Note: as you go through the days, you should be able to do all the exercises in one go, and even get faster at each of them, and maybe choose to do a few more, or add a small weight as you do them – all optional and up to you, as you feel stronger and want to challenge yourself.

Days completed :-

	1	2	3	4	5	6	7	8	9	10
0										
10										
20										
30										
40										
50										
60										
70										
80										
90										

My Notes :-