Piedmont Virginia Community College

Fitness Center – Move More Monthly Challenge

Instructions: Complete each activity at your own pace. Modify exercises as needed. Goal: Complete at least 20 days.

Week 1

• Day 1: 10-minute walk

• Day 2: 20 squats

• Day 3: 10 push-ups

• Day 4: 15-minute stretch

• Day 5: 30 jumping jacks

• Day 6: 20-minute walk

• Day 7: Rest or stretching

Week 2

• Day 8: 15 lunges (each leg)

• Day 9: 10-minute core workout

• Day 10: 20-minute walk

• Day 11: 15 squats + 10 push-ups

• Day 12: Plank (30 seconds x2)

• Day 13: 15-minute cardio

• Day 14: Rest or yoga

Week 3

• Day 15: 25 squats

• Day 16: 15-minute walk

• Day 17: 12 push-ups

• Day 18: 10–15 minute stretch

• Day 19: 20 lunges

• Day 20: 20-minute cardio

• Day 21: Rest

Week 4

• Day 22: 30 jumping jacks

• Day 23: 10-minute core workout

• Day 24: 20-minute walk

• Day 25: 15 squats + 15 lunges

• Day 26: 45-second plank

• Day 27: 20-minute cardio

• Day 28: Rest or stretching

Final Days

• Day 29: Full body circuit (10–15 minutes)

• Day 30: Choice activity