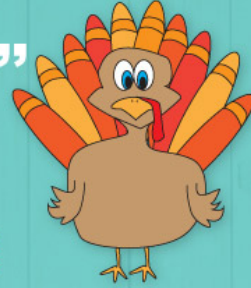


Starts today—Monday, 10/27

“I AIN’T NO TURKEY” 30-DAY STRENGTH CHALLENGE



JOIN US IN A 30-DAY CHALLENGE TO GET STRONGER.
Beginner, intermediate or advanced, this challenge is for you!

Step 1: CHOOSE AN EXERCISE. *Wall Sits? Plank? Push-ups, or Pull-ups? Chose what you most need to work on to improve your strength (not necessarily your favorite).*

Step 2: COMMIT TO PRACTICE EVERY DAY. *Spend 5 minutes every day doing your chosen exercise. Challenge yourself to add time or reps as you progress through the 30 days.*

Step 3: REACH YOUR GOALS. *Use the chart below to set goals for your chosen exercise. Begin with your current ability on Day 1, strive toward your “halfway there” benchmark on Day 15, and your final goal on Day 30—the last day of the challenge.*

Step 4: SHARE YOUR PROGRESS. *Let us know about your progress, and see how other folks are doing. Use our hashtag online to show 'em you #aintnoturkey and share your progress with photos and videos!*

What are you waiting for? Pick your move, your starting point and go!

CHOOSE ONE:	DAY 1 BENCHMARK	DAY 15 HALFWAY THERE	DAY 30 LAST DAY!
WALL SITS			
Beginner	30 sec	1.5 min	3 min
Intermediate	2-3 min	3-4 min	5 min
Advanced	5+ min	8 min	8-15 min
PLANK			
Beginner	30 sec	45 sec	1 min
Intermediate	1-2 min	2.5 min	3+ min
Advanced	3+ min	4 min	5+ min
PUSH UPS			
Beginner	knee 3	knee 5	knee 10
Intermediate	3	5	10
Advanced	7	10	20
PULL UPS			
Beginner	30-second hold in up position	30-sec hold, lower in 5 seconds, 2x	1
Intermediate	1	2	3
Advanced	2	3-5	6-8

