

Swim. Bike. Run. FUN

30 DAYS DAILY

SBR Fun Enduro Fitness Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	10 reps 10 reps 20 reps 3 - 5 cups	12 reps 12 reps 25 reps 3 - 5 cups	14 reps 14 reps 30 reps 3 - 5 cups	Rest Day	16 reps 16 reps 35 reps 4 - 6 cups
	Day 6	Day 7	Day 8	Day 9	Day 10
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	18 reps 18 reps 40 reps 4 - 6 cups	20 reps 20 reps 45 reps 4 - 6 cups	Rest Day	22 reps 22 reps 50 reps 5 - 7 cups	22 reps 22 reps 50 reps 5 - 7 cups
	Day 11	Day 12	Day 13	Day 14	Day 15
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	24 reps 24 reps 55 reps 5 - 7 cups	Rest Day	26 reps 26 reps 60 reps 6 - 8 cups	28 reps 28 reps 65 reps 6 - 8 cups	30 reps 30 reps 70 reps 6 - 8 cups
	Day 16	Day 17	Day 18	Day 19	Day 20
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	Rest Day	32 reps 32 reps 75 reps 7 - 9 cups	34 reps 34 reps 80 reps 7 - 9 cups	36 reps 36 reps 85 reps 7 - 9 cups	Rest Day
	Day 21	Day 22	Day 23	Day 24	Day 25
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	38 reps 38 reps 90 reps 8 - 10 cups	40 reps 40 reps 95 reps 8 - 10 cups	42 reps 42 reps 100 reps 8 - 10 cups	Rest Day	44 reps 44 reps 105 reps 9 - 11 cups
	Day 26	Day 27	Day 28	Day 29	Day 30
Bicep Curl Press SL Deadlifts Oblique Side Bends Water	46 reps 46 reps 110 reps 9 - 11 cups	48 reps 48 reps 115 reps 9 - 11 cups	Rest Day	50 reps 50 reps 120 reps 10 - 12 cups	52 reps 52 reps 125 reps 10 - 12 cups

www.swimbikerunfun.com www.facebook.com/groups/sbrfunclub



**SBR Fun Club
Fun Fit Challenge**

Start out with body weights and LOW weights
DL & Crunches count is for EACH SIDE
Dumbbells/Bands on the side that is moving