



## 28-Tage-Fitness-Yourself-Challenge – Woche 2

### Tag 8

20 Sek. Jumping Jacks  
20 Sek. Push-ups  
20 Sek. Sit-ups  
20 Sek. Jump Rope  
20 Sek. Squats  
20 Sek. Reverse Sit-ups = 120 Sek.

### Tag 9

20 Sek. Jump Rope  
20 Sek. Squats  
20 Sek. Reverse Sit-ups  
20 Sek. Plank  
20 Sek. Jumping Jacks  
20 Sek. Push-ups  
20 Sek. Sit-ups = 140 Sek.

### Tag 10

20 Sek. Jump Rope  
20 Sek. Squats  
20 Sek. Reverse Sit-ups  
30 Sek. Plank  
20 Sek. Jumping Jacks  
20 Sek. Push-ups  
20 Sek. Sit-ups = 150 Sek.

### Tag 11

30 Sek. Jump Rope  
30 Sek. Jumping Jacks  
30 Sek. Squats  
30 Sek. Push-ups  
30 Sek. Reverse Sit-ups  
30 Sek. Sit-ups = 180 Sek.

### Tag 12

30 Sek. Jump Rope  
30 Sek. Jumping Jacks  
30 Sek. Squats  
30 Sek. Push-ups  
30 Sek. Reverse Sit-ups  
30 Sek. Sit-ups = 180 Sek.

### Tag 13

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### Tag 14

30 Sek. High Knees  
30 Sek. Lunges  
30 Sek. Diagonal Sit-ups  
30 Sek. High Knees  
30 Sek. Lunges  
30 Sek. Diagonal Sit-ups = 180 Sek.