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## **tmf 60 x 60 challenge:**

There are 60 days left in 2019 (from 1<sup>st</sup> November) which also means there are 60 days left this decade! In order to 'finish strong' I propose making a commitment to doing 60 reps for each of those 60 days and I'd love you to join me!

I've called it a 'challenge' but more than challenging you physically, I hope this inspires you to get more active over the next 60 days, and that it helps you to build good daily exercise habits to carry over into the next decade. If your body feels fitter, leaner, stronger & more flexible by 31<sup>st</sup> December as a result that's an added bonus!

Please let me know if you're joining in – we can keep each other motivated

**#tmf60x60**

You can choose whether you do the same reps of the same exercises every day or whether you mix and match according to your mood; you might do 10 reps each of 6 different exercises or you might do 60 reps of one exercise; you might do your reps all in one go or spread them out over the day – really you can make this whatever you want it to be but now is the time to commit!

### **Are you in?**

I've listed some exercise suggestions here but you can literally do anything you like. Ideally it will be in addition to whatever you're currently doing, but other than that there are no limits:

#### Lower body (with or without equipment):

- squats – narrow, neutral, wide, jump squats
- lunges – forward, backwards, sideways or curtsy
- split squats – staggered feet, long or short stance
- upright kneeling lunges or kneel-to-stand
- calf raises
- shoulder bridges – both feet on floor, single leg versions



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Upper body (most will be either body-weight – eg. push-ups – or with some kind of weight):

- standing position with weight(s) – upright row, shoulder press, side raise, front raise, biceps curls, triceps overhead extension, bent over kickbacks, bent over row (neutral or wide), bent over reverse fly
- supine (lying face-up) position with weight(s) – supine chest press, chest fly, overhead ext, overhead triceps extensions
- prone (face-down) position without weight(s) – back extension, reverse fly
- push-ups – narrow, wide, incline, decline, neutral – option to add a dumb-bell row between push-ups

Core exercises:

- planks – so many versions to enjoy
- abs curl – option to add a leg ‘driver’ from the list below
- leg drivers – leg slide, knee lift, toe tap, knee opener, leg drop, leg circle, scissors, bicycles
- quadruped stability exercises – superman with option to add leg circle/ leg abduction, glutes work (eg. leg ext with lift & lower or abduction & adduction)

Dynamic exercises:

- jacks
- spotty dogs
- skipping
- jump squats
- jump lunges
- plank jacks
- running man

This is not an exhaustive list but just a few ideas off the top of my head! If you are a runner you might prefer to do 60 reps of something running-related; if you are a yogi you might prefer to keep it yoga-based; if you are a Pilates-person (Pilati??) use your favourite Pilates moves. Literally anything goes. And remember that you can easily add variety by changing the speed of your movements or by adding pulses instead of full range of movement or by using different equipment.

***Important:*** please choose exercises which are safe and appropriate for your body and be mindful of keeping good form whilst doing them. Seek relevant advice if you have any health concerns in relation to exercise.