DAY 1: 15 Min. AMRAP
10 - Lunge to Knee-ups
10 - Push-ups
10 - Sit-ups
(Bonus Round: Max Push-ups in 2 Min.)

DAY 2: 12 Min. EMOM
10 - Gorilla Squats
Hold a Plank Until 5 sec. Before Transition
(Bonus Round: Max Burpees in 1 Min.)

DAY 3: Tabata (30 sec. ON/30 sec. REST = 6 rnd.)
Mountain Climbers
Jump Squats
Foot Fires
(Bonus Round: Max Wall Squat Hold)

DAY 4: Active Rest Day
30 Minutes - Run/Walk/Bike/Swim/Row
10 Minutes - Stretching & Mobility

DAY 5: 20 Min. AMRAP
50 - Squats
50 - Sit-ups OR Modified Mountain Climbers
(Bonus Round: Max Side Plank Hold)

DAY 6: 12 Min. EMOM
ODD: 20 - Lunges
EVEN: 20 - Spiderman Plank Crunches
(Bonus Round: Max Step-ups in 3 Min.)

DAY 7: Tabata (30 sec. ON/30 sec. REST = 6 rnd.)
1.) Squat Jacks
1 Min. Rest
2.) Shoulder Taps
1 Min. Rest
3.) Lateral Shuffle

DAY 8: Active Rest
30 Minutes - Run/Walk/Bike/Swim/Row
10 Minutes - Stretching & Mobility

DAY 9: 20 Min. AMRAP
20 - Squat Jacks
10 - DB or Banded Shoulder Press
5 - Burpee Broad Jumps
(Bonus Round: Max Burpees in 2 Min.)

DAY 10: 15 Min. EMOM
Minute 1 - As many squats as possible.
Minute 2 - As many plank walk-out to push-ups as possible.
Minute 3 - Rest

DAY 11: Tabata (20 sec. ON/10 sec REST = 8 rnd.)
1.) Plank Build-ups
1 Min. Rest
2.) Gorilla Squats
1 Min. Rest
3.) DU's/Jump Ropes/Foot Fires
(Bonus Round: Max Shoulder Taps in 2 Min.)

DAY 12: Active Rest
30 Minutes - Run/Walk/Bike/Swim/Row
10 Minutes - Stretching & Mobility

DAY 13: 1 to Infinity for 6 Min. (Add 1 Rep Per Round)
1.) Jump Squats
2.) Spiderman Plank Crunches
(Bonus Round: Max Burpees in 2 Min.)

DAY 14: 12 Min. AMRAP
1.) 5 Pull-ups/Banded Rows
2.) 10 Push-ups
3.) 15 Weighted Squats (Barbell, KB, DB, Soup Cans, Child)

Not sure what modification to do? Check out **revivechiro.com** to watch Dr. Brandon do modifications for these exercises!

QUARANTINE 15 CHALLENGE

EXERCISE GUIDE

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DAY 15: Chipper
1.) 50 Jump Squats
2.) 50 Shoulder Taps
3.) 50 Sit-ups/Crunches
4.) 50 Lunges

DAY 16: Active Rest
30 Min. Homecare/Active Stretching

DAY 17: 1 to Infinity for 8 Min.
1.) Lunge to Knee-ups (Both Sides = 1 Rep.)
2.) Pull-ups/Banded Rows/DB Rows
(Bonus Round: Max Step-ups in 3 Min.)

DAY 18: 12 Min. AMRAP
5 - Burpees
7 - Gorilla Squat to Press
9 - Shoulder Taps
(Bonus Round: Max Hip-ups)

DAY 19: Chipper
1 Mile Run/Jog/Walk
50 - Pull-ups/Banded Rows
50 - Push-ups
100 - Squats
1 Mile Run/Jog/Walk

DAY 20: Active Rest
Perform a random act of kindness for a loved one or someone in need.
20 Min. Active Stretching

DAY 21: 12 Min. EMOM
Minute 1: 20 Mountain Climbers
Minute 2: 20 Lunges (Add Weighted Vest)
(Bonus Round: Max Side Plank Each Side)

DAY 22: 1 to Infinity for 10 Min.
1.) Squat
2.) Push-up
3.) Pull-up/Banded Row
(Bonus Round: Max Burpees in 2 Min.)

DAY 23: Chipper
10 Down to 1 of...
1.) Burpees
2.) Lunges
2 Min. Rest
1 Up to 10 of...
1.) Mountain Climbers
2.) Squat Jumps
(Bonus Round: Max Plank Hold)

DAY 24: Active Rest
Hike with family in nature. (Add a weighted vest or push stroller or difficulty.)
20 Min. Stretching/Mobility

DAY 25: 5 Rounds of the Following for Best Time
1.) 20 Squats
2.) 20 Sit-ups
3.) 20 Push-ups
(Bonus Round: Max Burpees in 3 Min.)

DAY 26: 15 Min. AMRAP
1.) 10 Gorilla Squat to Press
2.) 10 Pull-ups/Banded Rows
3.) 10 Mountain Climbers
(Bonus Round: Max Wall Squat Hold)

DAY 27: Chipper
100 DU's/Jump Ropes/Foot Fires
100 Lunges
100 Push-ups
(Bonus Round: Max Plank Hold)

DAY 28: Active Rest
20 Minutes of Stretching

CONGRATULATIONS! YOU HAVE COMPLETED THE CHALLENGE!

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