

2025

AUGUST

CHALLENGE OVERVIEW

- Duration: 5 Days
- Focus: Posture, Core Stability, Body Awareness

Day 1

Wall posture check (stand against a wall for 1 min—back, head, heels touching)

Day 2

10 bird-dog reps (kneel on your hands and knees, then slowly extend your opposite arm and leg until they’re in line with your body. Hold briefly, then return to the starting position. Alternate arms and legs)

Day 3

Seated posture reset: 10 pelvic tilts + shoulder rolls

Day 4

Bridge holds – 3 sets of 10-second holds

Day 5

Standing core taps – opposite hand to opposite knee, slow & controlled, 10 each side

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	20
31						