

WHITTFIT TRAINING

Gym | Classes | PT | Nutrition | Physio | Massage

The Accumulator Fitness Challenge – How far can you go??

What is the accumulator challenge? Pick a specific exercise and every time you workout, add a little more on. So, you might complete 3 sets of 10 squats on workout 1. Then workout 2 could be 3 sets of 11 squats. Or Cycle as far as you can in 10 minutes. Then next time cycle for 11 minutes. You choose the exercise and you choose the increments. Below is a chart for you to record your progress. Set the challenge for as long as you wish. Let us know how you do. Good Luck!

Challenge selected -					
Workout 1 results -	Workout 2 results -	Workout 3 results -	Workout 4 results -	Workout 5 results -	Workout 6 results -
Workout 7 results -	Workout 8 results -	Workout 9 results -	Workout 10 results -	Workout 11 results -	Workout 12 results -
Workout 13 results -	Workout 14 results -	Workout 15 results -	Workout 16 results -	Workout 17 results -	Workout 18 results -
Workout 19 results -	Workout 20 results -	Workout 21 results -	Workout 22 results -	Workout 23 results -	Workout 24 results -