

# FEBRUARY

## FITNESS CHALLENGE WITH @GOOD\_SAIN

Give yourself 1 point per day when you complete the day's challenges and post them to your IG story or feed. You can achieve up to 30 total points by the end of the month if you complete the bonus challenge, too!

Be sure to tag @good\_saint + #goodsaintsweats so I can see your progress!

The 3 people who complete the most challenges AND post about them using the correct tags will each **WIN** a 1 lb. container of organic, vegan Four Sigmatic Superfood Protein AND a ticket to *Yoga at the Farm* on 3/1 in Anaheim, CA.

This challenge was designed to be FUN - so please modify the moves as needed to support your body and your needs. Good luck!

## TOTAL POINTS:

SUN	MON	TUE	WED	THU	FRI	SAT
<b>2</b> Join me for Yoga at The Riverbed Farm (or hit your favorite local studio for class)	<b>3</b> Do 4 sets of 10 pushups today. Feel free to space them out!	<b>4</b> Do calf raises for 2 minutes in the AM and 2 minutes in the PM	<b>5</b> Do 200 jumping jacks - all at once or in increments	<b>6</b> Lay down with your legs on the wall while you watch TV or read tonight	<b>7</b> Find some stairs and walk them up and down until you're out of breath	<b>1</b> Go for a one hour walk outside - option to bring a friend!
<b>9</b> Meditate for 8 full minutes. Longer if you can stand it. Then take 10 full deep breaths. Enjoy!	<b>10</b> Standing desk day! Stand as much as possible at work and at home today.	<b>11</b> 30 curtsy lunges each side	<b>12</b> Take 12,000 steps or more today	<b>13</b> Jump rope (or jump in place or on a small trampoline) for at least 2 whole minutes	<b>14</b> Get up and immediately stretch. Add in a few sun salutations for good measure.	<b>15</b> Grab a buddy and try a NEW STUDIO or CLASS today!
<b>16</b> Try my Gentle 25 min Yoga Flow Video (on the blog) + tag me!	<b>17</b> Squats! 100 of your favorite type	<b>18</b> Gentle, intuitive at-home yoga / stretching for 30 mins before bed	<b>19</b> Push-up challenge - how many can you do? Try for at least 50!	<b>20</b> 1 minute mountain climbers, 1 minute plank jacks, 1 minute plank hold	<b>21</b> Take your pet - or a friend's pet! - outside for some fresh air and bonding time	<b>22</b> 20 crunches, 20 tricep dips, 20 calf raises, 1 minute plank
<b>23</b> Take an epsom salt or bubble bath to soothe your sore muscles	<b>24</b> Grab some weights for 30 bicep curls, 30 tricep kicks + 30 shoulder presses	<b>25</b> Side plank hold for 30 sec + pulse for 30 sec. Repeat 2x each side.	<b>26</b> 50 jump squats or pop squats (your choice!)	<b>27</b> Self-massage tonight! Let your muscles recover and encourage fresh blood flow.	<b>28</b> 100 bicycle crunches (50 each side)	<b>29</b> Go running today - it doesn't matter how far, just get out there!

**BONUS CHALLENGE: 5 extra miles of movement in one day - walk, jog, hike, run, bike, ect.**