



VERVE TRAINING

!CHALLENGE!

INDIVIDUAL

CARDIO / CORE

SEPTEMBER 7 - 13

THERE IS ALWAYS A WAY TO FIT IN YOUR WORKOUT!
YOUR SCHEDULE DOESN'T ALLOW TO TAKE CLASSES?
OR MAYBE YOU'D LIKE TO DO EXTRA ON YOUR OWN BESIDE TRAININGS AND CLASSES.

HERE WE GO!

THIS CHALLENGE IS ABSOLUTELY YOURS.
GET IT DONE AT YOUR CONVENIENT TIMES.
IT WILL ALWAYS FIT YOUR PERSONAL SCHEDULE.

7 DAYS DEDICATED TO CHALLENGE YOUR CARDIO AND CORE.
EVERY DAY YOU WILL INCREASE AND BUILD UP THE INTENSITY.

2 LEVELS ARE AVAILABLE TO YOU.
YOU ARE THE MASTER OF YOUR OWN CHALLENGE.
DECIDE WHICH LEVEL FITS YOU BEST AND GO FOR IT!

DON'T WAIT!

INVITE YOUR FRIENDS AND FAMILY MEMBERS TO JOIN YOU!
MORE ENERGY - MORE MOTIVATION!

STEPS TO DO:

TO SIGN UP GO TO: *BOOK ONLINE*
SELECT: *CHALLENGE: CARDIO / CORE*
SIGN UP

ONCE YOU SIGN UP, YOU WILL BE ADDED TO THE APP. AND SENT INSTRUCTIONS HOW
TO DOWNLOAD FREE APP. EASY.

YOU WILL BE ABLE TO INTERACT WITH EACH OTHER, UPDATE YOUR PROGRESS, KEEP
TRACK OF YOUR OWN CHALLENGE AND STAY MOTIVATED BY SEEING OTHERS AND
YOUR COACH.

THERE IS A SMALL AMOUNT REQUIRED TO SIGN UP SINCE I HAVE TO PAY ADDITIONAL
FEE FOR EVERY PERSON TO CONNECT TO THE APP I USE.

THANK YOU.

LOOKING FORWARD!

LET'S GO!

DETAILS

TWO EXERCISES: JUMP ROPE / PLANK

LEVEL 1

ON DAY 1 YOU WILL START WITH 100 SKIPS AND 1 MINUTE OF PLANKING. EVERY DAY YOU WILL INCREASE THE AMOUNT OF SKIPS BY 100 AND TIME ON PLANKS BY ADDING 1 MINUTE.

DAY 1 - JUMP ROPE 100 REPS / PLANK HOLD 1 MIN
DAY 2 - JUMP ROPE 200 REPS / PLANK HOLD 2 MIN
DAY 3 - JUMP ROPE 300 REPS / PLANK HOLD 3 MIN
DAY 4 - JUMP ROPE 400 REPS / PLANK HOLD 4 MIN
DAY 5 - JUMP ROPE 500 REPS / PLANK HOLD 5 MIN
DAY 6 - JUMP ROPE 600 REPS / PLANK HOLD 6 MIN
DAY 7 - JUMP ROPE 700 REPS / PLANK HOLD 7 MIN

PLANK OPTIONS:
STRAIGHT ARMS
FOREARM PLANK
KNEELING PLANK

LEVEL 2

EVERYTHING DOUBLE UP!

DAY 1 - JUMP ROPE 200 REPS / PLANK HOLD 2 MIN
DAY 2 - JUMP ROPE 400 REPS / PLANK HOLD 4 MIN
DAY 3 - JUMP ROPE 600 REPS / PLANK HOLD 6 MIN
DAY 4 - JUMP ROPE 800 REPS / PLANK HOLD 8 MIN
DAY 5 - JUMP ROPE 1000 REPS / PLANK HOLD 10 MIN
DAY 6 - JUMP ROPE 1200 REPS / PLANK HOLD 12 MIN
DAY 7 - JUMP ROPE 1400 REPS / PLANK HOLD 14 MIN

PLANK OPTIONS:
STRAIGHT ARMS
FOREARMS PLANK
SINGLE STRAIGHT ARM PLANK
SINGLE ELBOW PLANK
SIDE PLANK

