



**Manatee YourChoice Presents**

# **FITSGIVING**

**Give Back • Get Fit • Have Fun!**

**Teams of 2 will compete in a timed OBSTACLE COURSE  
and/or individuals can compete in the WALL SIT or PLANK CHALLENGE!**

Donate non-perishable food items to participate!  
All donations will go to the Food Bank of Manatee.

**Friday, November 16th**

**11:30am - 2pm**

YourChoice Fitness Center

Learn more and register for the obstacle course at  
**[www.manateeyourchoice.com/fitsgiving](http://www.manateeyourchoice.com/fitsgiving)**

Open to all Manatee County Employees and adult health plan members!



For More Information Contact: YourChoice Fitness Center  
941.748.4501 x3667 | [aminardi@manateeyourchoice.com](mailto:aminardi@manateeyourchoice.com)

MN102418



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# FITSGIVING

Get Started Now!

## WALL-SIT

30-DAY CHALLENGE © darebee.com

1 20 seconds wall-sit	2 30 seconds wall-sit	3 40 seconds wall-sit	4 20 seconds wall-sit	5 50 seconds wall-sit
6 60 seconds wall-sit	7 1min 10sec wall-sit	8 20 seconds wall-sit	9 1min 20sec wall-sit	10 1min 30sec wall-sit
11 1min 40sec wall-sit	12 20 seconds wall-sit	13 1min 50sec wall-sit	14 2 minutes wall-sit	15 2min 10sec wall-sit
16 20 seconds wall-sit	17 2min 20sec wall-sit	18 2min 30sec wall-sit	19 2min 40sec wall-sit	20 20 seconds wall-sit
21 2min 50sec wall-sit	22 3 minutes wall-sit	23 3min 10sec wall-sit	24 20 seconds wall-sit	25 3min 20sec wall-sit
26 3min 30sec wall-sit	27 3min 40sec wall-sit	28 20 seconds wall-sit	29 3min 50sec wall-sit	30 4 minutes wall-sit

## 30-DAY PLANK CHALLENGE

DAY 1. 20 sec	DAY 16. 2 min
DAY 2. 20 sec	DAY 17. 2 min
DAY 3. 30 sec	DAY 18. 2 min 30 sec
DAY 4. 30 sec	DAY 19. REST
DAY 5. 40 sec	DAY 20. 2 min 30 sec
DAY 6. REST	DAY 21. 2 min 30 sec
DAY 7. 45 sec	DAY 22. 3 min
DAY 8. 45 sec	DAY 23. 3 min
DAY 9. 1 min	DAY 24. 3 min 30 sec
DAY 10. 1 min	DAY 25. 3 min 30 sec
DAY 11. 1 min	DAY 26. REST
DAY 12. 1 min 30 sec	DAY 27. 4 min
DAY 13. REST	DAY 28. 4 min
DAY 14. 1 min 40 sec	DAY 29. 4 min 30 sec
DAY 15. 1 min 50 sec	DAY 30. 5 min



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