

200 Lunge Challenge

Registration Form

200 lunges may seem like a lot - it can sound a bit daunting. If you're serious about increasing your strength, follow this 6 to 8 week training program and you'll soon be on your way to completing 200 consecutive lunges!

Think there's no way **you** could do this? I think you can! All you need is a good plan, plenty of discipline and about 30 minutes a week to achieve this goal!

Before you begin the 200 Lunge Challenge, you should obtain medical advice and clearance from your doctor.

By completing the 200 Lunge Challenge you will:

- Be recognized on the "I Completed the 200 Lunge Challenge" board.
- Get entered into a drawing for a **\$100 Corporate Rewards gift card**.
- Gain strength and confidence.
- Earn Healthy Lifestyle Activity Points by tracking your exercise minutes on the [Exercise Tracking Log](#).



Get entered into a drawing for a \$100 Corporate Reward gift card. Once drawing entry per participant per season.

EIN:

Start Date:

Name:

WIN A \$100 CORPORATE REWARD GIFT CARD

You can start and complete the challenge at any time during the season. You will be entered into a drawing for a \$100 Corporate Rewards gift card for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February



Employee Wellness
[Wellness website](#)

150 W. Congress, 4th Floor
Tucson, AZ 85701

Ph: (520) 724-8114
Fax (520) 724-8150

200 Lunge Challenge

Instructions for Standard Lunges

During static lunges you are simply dropping one knee down rather than stepping forward or back. For beginners you can try this lunge while holding onto a chair or counter top for support.

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back to starting position.
4. Don't lock the knees at the top of the movement.
5. Perform as many as you can with the right foot forward, then switch and perform as many as you can with the left foot forward.

Remember to breathe when performing lunges. Holding your breath during exercise will reduce its effectiveness, and only make the workout more difficult. Exhale as you lunge forward, then inhale when you push back into starting position.

A Few More Tips

Make sure that your forward knee never travels past the tips of your toes. Keep your spine straight through the entire movement, with your shoulders positioned squarely over your hips. Finally, keeping your eyes focused forward will help maintain balance throughout the exercise.

Good luck!



200 Lunge Challenge

Frequently Asked Questions

1. Can I do lunges every day instead of following the three-day-a-week plan?

No. It is very important to allow your body time to recover from the intense daily workouts. Muscle tissue is broken down during exercise but will rebuild itself during periods of rest and recovery. Working the muscles on consecutive days will hamper the rebuilding process and limit your progress. The body needs 24- 48 hours to recover and adapt to the stress of strength training.

2. I've reached a plateau and can't do any more lunges? What happened?

After making impressive strength gains early on in the program, occasionally your body will take a while to "catch up." Stick with the plan, trust in the numbers and you'll soon be on your way to doing 200 lunges. Also, ensure you breathe correctly during the workout. Holding your breath inhibits your ability to perform "good-form" lunges and should be avoided.

3. How fast should I do the lunges?

Lunges should be performed in a slow, deliberate manner. Rather than bouncing up and down, it's important to maintain full control as you lower and raise your body. As a rough guide, each phase—both up and down—of a single Lunge should take a couple of seconds.

4. What is the correct method for breathing during lunges?

It's important to breathe in during the descent and breathe out on the ascent. Make sure you don't hold your breath and make every effort to breathe rhythmically throughout the exercise.

5. Can I pause between lunges if I begin to tire?

Pausing for a short period of time to regain your composure is allowed, but make sure you rest in the "up" position.

6. Will I lose weight if I follow the hundred lunges plan?

Lunges alone will burn some calories and do help increase muscle mass to some degree, which in turn takes more calories to maintain. However, lunges by themselves are not the best way to lose weight - you really need to add an effective cardio training program to any type of strength-training plan if your main goal is weight loss.



200 Lunge Challenge

Initial Test

The initial test will highlight your current fitness level and determine where to start and how to plan your lunges training program. You can always repeat the program moving to more advanced lunges to continuously challenge and improve your strength.

Age	Under 30 Years	30 - 39 Years	40 and Over
Rank*	Number of Lunges Performed		
5	> 70	> 65	> 60
4	50 - 70	45 - 65	40 - 60
3	35 - 49	30 - 44	25 - 39
2	25 - 34	20 - 29	15 - 24
1	0 - 24	0 - 19	0 - 14

* If you're concerned about your Rank in the extreme left column; there's really no need. The scale of 1 to 5 is just an indicator of current fitness, and can be used as a comparison tool between yourself, friends, family & co-workers.

To perform the test, simply execute as many good-form alternate-leg lunges as you can.

Note: one step forward with the left leg, then one step forward with the right leg equals 2 lunges. Don't cut corners and please don't cheat - the last thing you want to do is end up in the wrong level of the training program! The results may be humbling, but honesty is the best policy if you want to maximize your strength gains!

Once you've performed the test, make a note (mental or otherwise) of how many, or how few, lunges you were able to perform.

Before starting Week 1, it's recommended that you take a couple of days to familiarize yourself with the program and recover from the exertion of the initial test. You'll be required to work out three times per week - Monday, Wednesday, Friday is typical. Don't forget how many lunges you performed in the test and if you're still keen to make improvements, read on to learn more about the program. Most people tend to fall into the 2 or 3 category, which is a great starting point for the plan. If you're ranked 1, don't be put off by the label - you'll soon be climbing the ranks and reaching new levels of fitness. If you're ranked far beyond the range of 5, maybe you need a tougher plan?!



200 Lunge Challenge

Week 1

So, you've completed your initial test and you're keen to start the program? Great!

- If you managed 6 or less lunges in the test, follow column 1.
- If you completed between 7 and 13 lunges, column 2 is for you.
- Between 14 and 26 consecutive lunges? Impressive! Column 3 is what you're looking for.
- More than 26 lunges? I would suggest starting the program on Week 3.

For example: let's say you managed 10 lunges. Looking at the second column, Day 1 begins with Set 1 (6 left leg lunges), a rest period of 60 seconds, before moving on to Set 2 (6 right leg lunges). Rest for 60 seconds and continue with Set 3 (5 left leg lunges) and Set 4 (5 right leg lunges), before finishing with Set 5 and at least 6 alternate leg lunges. Perform as many lunges as you can comfortably manage - at least 6, but not so many that you damage muscle tissue. The 60 seconds rest between each level should allow you to complete the workout, but you may experience minor fatigue towards the end.

Note: 6 alternate leg lunges would be performed as follows - left leg, right leg, left leg, right leg, left leg, right leg.

Treat yourself to a rest day before moving on to Day 2, and then again before you complete Day 3. I find that Monday, Wednesday, Friday works well and allows you to use the weekend for rest and recovery before moving on to the next stage of the program. Feel free to juggle the plan around to meet your busy schedule, but make sure you rest in between workout days.

Once you made it safely through the first week, hopefully you're keen to move on to Week 2. However, if for some reason you struggled with the program, you can repeat Week 1. You'll probably be surprised at how much stronger you already are and will sail through the first week and be fired up and raring to go.



200 Lunge Challenge

Day 1			
Rest 60 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	3L	6L	12L
Set 2	3R	6R	12R
Set 3	4L	5L	9L
Set 4	4R	5R	9R
Set 5	Max (at least 4A)	Max (at least 6A)	Max (At least 10A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	4L	9L	12L
Set 2	4R	9R	12R
Set 3	5L	8L	10L
Set 4	5R	8R	10R
Set 5	Max (at least 6A)	Max (at least 8A)	Max (At least 12A)
Day 3			
Rest 120 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	5L	10L	14L
Set 2	5R	9R	14R
Set 3	6L	9L	12L
Set 4	6R	9R	12R
Set 5	Max (at least 6A)	Max (at least 10A)	Max (At least 14A)



200 Lunge Challenge

Week 2

It's time to start Week 2 of the program. Continue by following the same column of exercises as you did last week. Feel free to rest more between each set if you need to. Remember to stay hydrated before and during the workout. At the end of Week 2 it will be time to check your strength and perform an exhaustion test. This means you will need to perform as many lunges as you can manage while maintaining good-form. The number of lunges you complete will determine at which level of the program you'll start Week 3. Perform this test within 24-48 hours of completing Week 2.

Day 1			
Rest 60 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	5L	10L	16L
Set 2	5R	10R	16R
Set 3	6L	9L	12L
Set 4	6R	9R	12R
Set 5	Max (at least 6A)	Max (at least 10A)	Max (At least 18A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	6L	12L	18L
Set 2	6R	12R	18R
Set 3	7L	10L	14L
Set 4	7R	10R	14R
Set 5	Max (at least 8A)	Max (at least 15A)	Max (At least 20A)
Day 3			
Rest 120 seconds between each set (longer if needed)			
	Up to 6 Lunges	7 - 13 Lunges	14 - 26 Lunges
Set 1	7L	15L	20L
Set 2	7R	15R	20R
Set 3	8L	12L	16L
Set 4	8R	12R	16R
Set 5	Max (at least 10A)	Max (at least 18A)	Max (At least 25A)



200 Lunge Challenge

Week 3

It's time to start week 3 of the program. If you managed 21 - 30 lunges in your exhaustion test, follow column 1. If you managed 31 - 40 lunges, follow column 2. More than 40 lunges? Follow column 3. After completing week 3, move on to Week 4 if you're ready, or repeat the week until you are comfortable moving on.

Day 1			
Rest 60 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	13L	20L	22L
Set 2	13R	20L	22R
Set 3	9L	16L	18L
Set 4	9R	16R	18L
Set 5	Max (at least 13A)	Max (at least 22A)	Max (At least 26A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	15L	22L	26L
Set 2	15R	22R	26R
Set 3	10L	18L	20L
Set 4	10R	18R	20R
Set 5	Max (at least 15A)	Max (at least 27A)	Max (At least 36A)
Day 3			
Rest 120 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	7L	15L	20L
Set 2	7R	15R	20R
Set 3	8L	12L	16L
Set 4	8R	12R	16R
Set 5	Max (at least 10A)	Max (at least 18A)	Max (At least 25A)



200 Lunge Challenge

Week 4

Week 4 is a continuation of week 3 as you will be following the same column as you did last week. At the end of this week, you will need to perform another exhaustion test. Challenge yourself, but don't push too hard and risk injury. Make a note of how many good-form lunges you can perform, then move on to week 5. Make sure you complete this test within 24 - 48 hours of completing week 4.

Day 1			
Rest 60 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	18L	26L	32L
Set 2	18R	26R	32R
Set 3	12L	20L	27L
Set 4	12R	20R	27R
Set 5	Max (at least 20A)	Max (at least 32A)	Max (at least 40A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	20L	28L	35L
Set 2	20R	28R	35R
Set 3	14L	22L	30L
Set 4	14R	22R	30R
Set 5	Max (at least 23A)	Max (at least 36A)	Max (at least 46A)
Day 3			
Rest 120 seconds between each set (longer if needed)			
	21 - 30 Lunges	31 - 40 Lunges	> 40 Lunges
Set 1	22L	32L	38L
Set 2	22R	32R	38R
Set 3	18L	24L	33L
Set 4	18R	24R	33R
Set 5	Max (at least 26A)	Max (at least 33A)	Max (at least 42A)



200 Lunge Challenge

Week 5

Depending on the results of your last exhaustion test, continue with week 5 columns 1, 2 or 3.

- 41 - 50 lunges: follow column 1
- 51 - 60 lunges: follow column 2
- > 60 lunges: follow column 3

Once you complete week 5, it's time for one last exhaustion test before your final test. You're getting so close to reaching your goal, so keep it up. If you can perform more than 60 consecutive good-form lunges, go ahead and move on to week 6. Otherwise, repeat week 5 and you should be ready to move on.



200 Lunge Challenge

Day 1			
Rest 60 seconds between each set (longer if needed)			
	41- 50 Lunges	51- 60 Lunges	> 60 Lunges
Set 1	24L	38L	46L
Set 2	24R	38R	46R
Set 3	18L	30L	36L
Set 4	18R	30R	36R
Set 5	Max (at least 26A)	Max (at least 45A)	Max (at least 52A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	41 - 50 Lunges	51 - 60 Lunges	> 60 Lunges
Set 1	13L	23L	26L
Set 2	13R	23R	26R
Set 3	15L	26L	30L
Set 4	15R	26R	30R
Set 5	13L	18L	23L
Set 6	13R	18R	23R
Set 7	12A	20A	28A
Day 3			
Rest 120 seconds between each set (longer if needed)			
	41- 50 Lunges	51- 60 Lunges	> 60 Lunges
Set 1	17L	25L	28L
Set 2	17R	25R	28R
Set 3	19L	27L	32L
Set 4	19R	27R	32R
Set 5	15L	20L	24L
Set 6	15R	20R	24R
Set 7	Max (at least 39A)	Max (at least 28A)	Max (at least 65A)



200 Lunge Challenge

Week 6

This is your last week before the final test. If you managed 60 - 65 lunges, follow column 1. Between 66 and 78 lunges, follow column 2. If you performed more than 79 lunges, follow along in column 3.

After you complete week 6, it's time for your final test. If you struggled through this week (many do), just repeat the week and try again.



200 Lunge Challenge

Day 1			
Rest 60 seconds between each set (longer if needed)			
	60 - 65 Lunges	66 - 78 Lunges	> 79 Lunges
Set 1	36L	50L	52L
Set 2	36E	50R	52R
Set 3	26L	32L	46L
Set 4	26R	32R	46R
Set 5	Max (at least 52A)	Max (at least 65A)	Max (at least 70A)
Day 2			
Rest 90 seconds between each set (longer if needed)			
	60 - 65 Lunges	66 - 78 Lunges	> 79 Lunges
Set 1	18L	26L	30L
Set 2	18R	26R	30R
Set 3	20L	30L	36L
Set 4	20R	30R	36R
Set 5	18L	26L	30L
Set 6	18R	26R	30R
Set 7	14A	22A	26A
Day 3			
Rest 120 seconds between each set (longer if needed)			
	60 - 65 Lunges	66 - 78 Lunges	> 79 Lunges
Set 1	20L	30L	34L
Set 2	20R	30R	34R
Set 3	22L	32L	38L
Set 4	22R	32R	38R
Set 5	20L	30L	34L
Set 6	20R	30R	34R
Set 7	18A	24A	28A



200 Lunge Challenge

Final Test

Congratulations on making it to your final test. All your hard work has led you to this moment. For your final test, you will need to execute as many good-form lunges as you can. If you've completed the past 6 weeks with no cheating or shortcuts, you *should* be strong enough to perform 200 consecutive alternating lunges.

After completing week 6 of the program, take a few days off to rest before to complete the final test.

Take your time and focus on performing sets of ten or twenty lunges at a time. Breaking up the test into smaller chunks will make the goal more achievable and give you more chance at success. Maintain good form throughout and don't forget to breath.

Good Luck and Congratulations!!

Don't forget to submit your Certificate of Completion to be entered into the drawing for a **\$100 Corporate Reward gift card**.

