

# MWR FITNESS CHALLENGES

January

Plank Challenge

February

Hanging Challenge

March

Cycling Challenge

April

Pull Up Challenge

May

Rowing Challenge

June

Push Up Challenge

July

Swimming Challenge

August

Running Challenge

September

Bench Press Challenge

October

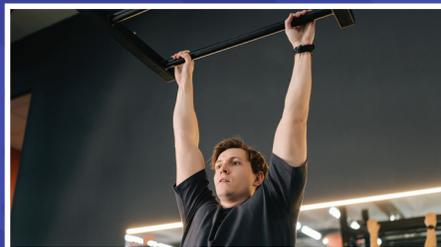
Squatting Challenge

November

Fitness Class Challenge

December

Deadlift Challenge



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