



## What is the 16 FEAR CORE CHALLENGE?

The challenge is based off the “Death by Burpees Challenge” made popular in the Cross Fit world.

### Example:

“Death by Pushups or 10meter run or dips or air squats etc..” Complete one burpee on the start of the first minute, two burpees on the second minute, three Burpees on the third minute, and so on until you can no longer complete the exercise for the number of minutes on the timer.

### **HOW TO: 16 FEAR CORE CHALLENGE**

Using a stop watch that continuously runs time. (or a timer/interval). if have a timer put it on 1min interval and have it beep every minute. If use timer you must remember what number you are on (more challenging).

If you use a stop watch it makes it much easier. SEE BELOW

#### **Time = Hr : min : seconds**

Step 1: start watch 0:00:01..... and counting....

Step 2: do ONE of exercise and wait for the minute to end

Step 3: @ start of 0:01:00 (1 min passes)

Step 4: do **TWO** of exercise and wait for the minute to end

Step 5: 0:02:00 (next min passes)

Step 6: do **THREE** of exercise and wait for the minute to end

Step 7: 0:03:00 (next min passes)

Step 8: do **Four** of exercise and wait for the minute to end.

Keep going until you can't get to next number before the 1min ends. There is your number. Your goal now is to do 16 everyday until end of the month and try to beat this number. Good luck.

Notice the arrows above?

When you get to 00:01:00 min you need to do TWO exercises, when you get to 0:02:00min you need to do Three exercises, when you get to 0:03:00min you do Four exercises, and so on.

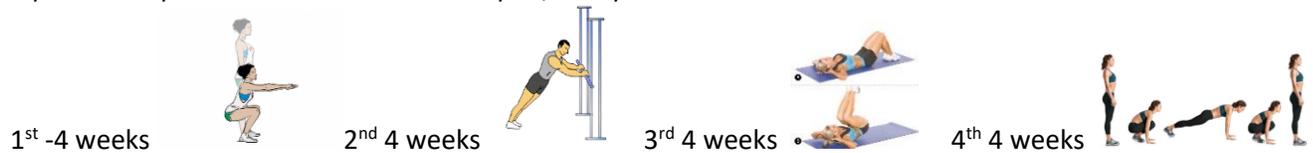
The exercise is always one more than the minute. This is how you can remember how many you are on.

How many minutes did you do? did you make it? 5,6,7,8,9,10, 12, 14, 16... ? Of course, this depends on what exercise you do and how well you already do it.

This is about you challenging you only, so have fun and see how much you improve from the beginning of the month and the end of the month.

## 16 Fear Core Challenge Rules:

1. **Challenge is 16 weeks long** or if you choose you can do full year.
2. Start the **FCC When nominated** / write down the number you made it to. 5 min, 6min, 7min.. 20min.. etc..
3. The day after do **16** of that exercise for 4 weeks / every day. First month is Air Squats -see below
4. After 4 weeks ends do the **FCC** again and now see what you can do! How much improvement did you make?
5. First day of the next 4 weeks do the new exercise (pushups), do the **FCC** and once again write down what number you went up to.
6. Every day after do **a total of 16** of that exercise for 4 weeks again (does not have to be in a row, can break into interval).....
7. After 16 weeks you have finished the challenge of the 4 exercises pictured below. Congratulations
8. If you choose you can do the whole calendar year/ new year resolution like.



### Exercise in order:

**Disclaimer:** Reminder to only do what you are capable with good form. If you fatigue yourself it can cause stress or injury.

1. **Air squats** (squats with no weights)
2. **Push ups** (regular/standard, knee or leaning pushup) you choose based off ability
3. **Seated Knee ups**
4. **Burpees**

### **If you choose to continue the challenge for the full YEAR! Do 5 through 12!**

5. **10meter run challenge** ([https://www.youtube.com/watch?v=6y3wSieHA\\_0](https://www.youtube.com/watch?v=6y3wSieHA_0) )  
*Start time: run 1x 10m run: recover for rest of min: at 0:01:00 do 2x 10m run: recover for rest of min: at 0:02:00 do 3x 10m run: recover for rest of min: repeat... sometimes called suicide run drills (if you played basketball or football )*
6. **Plank** (start time: do **10 second plank then stop/rest**: start rest for 1 minute. Minute rest done: **do 20sec plank**: rest one minute: Minute done: **do 30sec plank**: rest for 1Minute rest done: **do 40 sec plank** etc....) when timing this: use a stop watch with a split option to start clock over each time you do a plank and start a rest.

7. **Glute bridge** 

8. **Crunch** 

9. **Superman crunch** 

10. **Wall sit** (rules are same as plank) see above) 
11. **Burpees**

Congratulation!!!