



Workout of the Season (#WOS):
The Charlie Tree Challenge

10 Squats, 3-5 Push-Ups

9 Lunges, 3-5 Rows

8 Squats, 3-5 Push-Ups

7 Lunges, 3-5 Rows

6 Squats, 3-5 Push-Ups

5 Lunges, 3-5 Rows

4 Squats, 3-5 Push-Ups

3 Lunges, 3-5 Rows

2 Squats, 3-5 Push-Ups

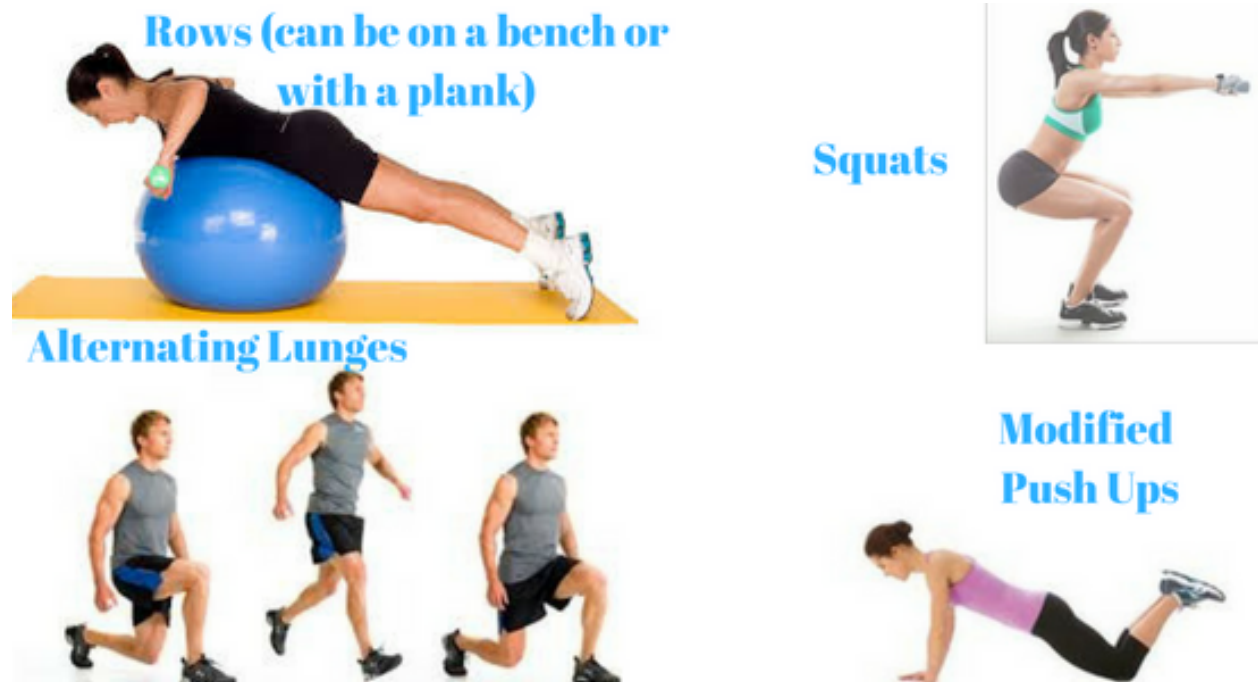
1 Lunge, 3-5 Rows

Perform 1-2 sets 2-3 times per week

The Charlie Tree Challenge

The Charlie Tree Challenge is a highly efficient, heart-pumping, calorie-burning, strength workout you can do anywhere in a matter of minutes.

It is recommended to perform this workout twice per week with a few days in between (ie. Monday and Thursday). You can perform Charlie Tree after a cardio workout, or all on its own. This is one workout I perform while traveling.



Simply warm up 3-5 minutes before with walking, jumping jacks, running, or any cardio.

Then start at the top of the tree with 10 squats, followed by 3-5 push ups (regular or modified on your knees). Without rest, continue down the tree with 9 alternating lunges (Right, Left), Right, Left), and 3-5 Rows and so on.

If strength training is a regular part of your routine, add weights (optional). If you're new to strength training, modify the exercises and perform the squats and lunges without weight, the push ups in the modified position on your knees, and a light weight for the rows.