

November

2025

NO QUIT NOVEMBER



Beginner Challenge

Get moving! In just 30 minutes a day (or less), you can be on your way to a healthier you!

You don't need any equipment or a lot of space—just a little time each day to feel stronger, healthier, and more energized! Can't complete it all at once? No problem! Break it up and do what you can, when you can. Your goal: finish by the end of the day.

Tuesdays & Thursdays = **CARDIO!**

Choose any heart-pumping activity you enjoy—walking, dancing, biking, jumping jacks, you name it! Split it up however works best for you:

Example for 30 minute cardio: 10 min in the morning, 10 in the afternoon, 10 in the evening.

Want even more support? Check out our in-person classes or ask about the **Y360 app** for workouts anytime, anywhere.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 30 min walk
2 REST	3 10 pushups 20 sec plank 10 squats	4 30 min of cardio 20 sec plank	5 10 pushups 20 sec plank 10 squats	6 20 sec plank 30 min cardio	7 10 pushups 25 sec plank 10 squats	8 35 min walk
9 REST	10 15 pushups 25 sec plank 15 squats	11 40 min of cardio 25 sec plank	12 15 pushups 25 sec plank 15 squats	13 40 min of cardio 30 sec plank	14 15 pushups 30 sec plank 15 squats	15 40 min walk
16 REST	17 20 pushups 30 sec plank 20 squats	18 40 min of cardio 30 sec plank	19 20 pushups 30 sec plank 20 squats	20 40 min of cardio 35 sec plank	21 20 pushups 35 sec plank 20 squats	22 45 min walk
23 REST	24 25 pushups 35 sec plank 25 squats	25 40 min of cardio 40 sec plank	26 25 pushups 40 sec plank 25 squats	27 THANKSGIVING 40 min of cardio 40 sec plank	28 25 pushups 40 sec plank 25 squats	29 50 min walk
30 REST						