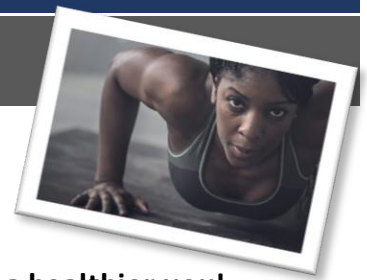


November

2025

NO QUIT NOVEMBER



Intermediate – Advanced 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 brisk walk
2 REST	3 15-20 pushups 30-45 sec plank 15-20 squats 10-15 tricep	4 30 -45 min of cardio 30-45 sec plank	5 15-20 pushups 30-45 sec plank 15-20 squats 10-15 tricep	6 30 -45 min of cardio 30-45 sec plank	7 15-20 pushups 30-45 sec plank 15-20 squats 10-15 tricep	8 35 min brisk walk
9 REST	10 20-25 pushups 30-45 sec plank 20-25 squats 15-20 tricep	11 30 -45 min of cardio 30-45 sec plank	12 20-25 pushups 30-45 sec plank 20-25 squats 15-20 tricep	13 30 -45 min of cardio 30-40 sec plank	14 20-25 pushups 30-45 sec plank 20-25 squats 15-20 tricep	15 40 min brisk walk
16 REST	17 25-30 pushups 40-50 sec plank 25-30 squats 20-25 tricep	18 30 -45 min of cardio 30-45 sec plank	19 25-30 pushups 40-50 sec plank 25-30 squats 20-25 tricep	20 30 -45 min of cardio 30-45 sec plank	21 25-30 pushups 40-50 sec plank 25-30 squats 20-25 tricep	22 45 min brisk walk
23 REST	24 30-35 pushups 45-60 sec plank 30-35 squats 25-30 tricep	25 30 -45 min of cardio 30-45 sec plank	26 30-35 pushups 45-60 sec plank 30-35 squats 25-30 tricep	27 THANKSGIVING Local 5k or do your own 5k	28 30-35 pushups 45-60 sec plank 30-35 squats 25-30 tricep	29 50 min brisk walk
30 REST						