

**01/30/2020 Earthtreks, Englewood CO, DHT Challenge 20 Day.**

**TO BE COMPLETED IN 62 MINUTES:**

- 1 Find 2 people NTY discover 2 things you have in common and 2 things you don't.
- 2 Back to back with a partner lock elbows and both of you do 10 squats together,
- 3 Climb up with one foot, right then left.
- 4 Boulder V2 skip 4 holds.
- 5 Complete 30 kettlebell swings
- 6 Complete 30 up, down, hand to elbow
- 7 Complete 30 feet crab crawl.
- 8 Skip for one minute.
- 9 Climb a climb 1 number grade below your best in 1 minute
- 10 Hold the door open for someone, greet them and smile.
- 11 Find someone in the gym who is visiting the gym for the first time. welcome them.
- 12 Sit with your eyes closed and count 30 slow breaths.
- 13 Complete 30 Squats with 20lbs or 20 squats with 30 lbs.
- 14 Hold 2 stretches for 30 seconds.
- 15 Text or call someone you love and tell them something you love about them.
- 16 Run around the building with your shirt off (sports bra can stay on)
- 17 Complete 3x 20 lunges with 20lbs.
- 18 Sprint 30 feet 2 times (do this after to have warmed up with other excercises)
- 19 Share a positive affirmation with someone. (face to face)
- 20 Do something Hard for You - your choice.

**Join the challenge at [DHTChallenge.com](http://DHTChallenge.com).**

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