

01.22.2020 REACH CLIMBING, PA 20 IAD Challenge List

DONE	COMPLETE:	Notes
	22 reps of 20 different core exercises	
	22 lunges each side	
	22 shoulder shrugs hanging from a bar	
	22 different stretches and/or foam rolling body parts	
	22 walking burpees	
	22 squats with 20lb weights (each hand or total)	
	22 unique routes	
	22 boulder problems	
	22 lbs bench press x2	
	220 meters on rowing machine (or 22 stationary rows with dumbbells x2)	
	220 calories on a machine	
	Meet 22 new people, Record thier names	
	Post 22 life affirming values on your social media. Tag @dhtchallenge	
	Learn two new words, post them on @dhtchallenge. Use them 12 times before the end of the day	
	22 jumping jacks	
	22 slow, intentional breaths in mountain pose	
	Hold your breath 22 seconds	
	Hold tree pose 22 seconds right foot down	
	Hold tree pose 22 second left foot down	
	Drink 22 oz. H2O (not all at once)	

DHTChallenge.com

Instagram @dhtchallenge