

36 Fitness Challenges to Inspire You

**The
Haemophilia
Society**

Cycle 360 kilometres in a month

Swim 36 laps in a day

Do 360 stretches in 36 days

Walk 360,000 steps in a month

Hike 36 kilometres in a day

Set yourself a 36-day sit-ups challenge

Dance 36 minutes a day

Lift 3.6kg weights every day for 36 days

Plank for 3.6 minutes a day for a month

Go to the gym for 36 minutes a day for 36 days

Do 36 press-ups a day for a month

Skate or rollerblade 36 kilometres

Play 36 holes of golf in a day

Do Pilates every day for 36 days

Climb 3,600 steps on the stairs

Run 3.6 miles a day

Ride 36 kilometres on a scooter

Do 100 squats a day for 36 days

Hike 360 miles in a month

Walk 36 miles a week for a month

Jumpt rope for 36 minutes

Row 3,600 metres on a rowing machine in 30 minutes

Do 36 star jumps a day for 36 days

Paddleboard 3.6 kilometres

Walk 36,000 steps a week

Do 36 reps of resistance band exercises a day

Hula hoop for 36 minutes

Run 36 kilometres a week for a month

Cycle 36 miles a week

Do yoga for 36 minutes a day for 36 days

Hike up the equivalent of 36 floors

Climb 360 flights of stairs in a month

Walk 360 kilometres in 36 days

Do 36 minutes of aerobics a day

Try different types of exercises in a month

...or just repeat your favourite fitness activity for 36 minutes a day for 36 days

