Sponsors:

Redwood Area Community Center Redwood Area Hospital KLGR





Redwood Area Hospital

> 100 Fallwood Roa Redwood Falls, MN 5628 507-637-450





Filename: RACConestepchallenge Rev. 9/10

RACC One-Step Challenge



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RACC One-Step Challenge



Filename: RACConestepchallenge Rev. 9/10

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Month:	Day:		Snacks	Week of
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	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
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Warm up	set: 50% (of workout weigh	t (reps)
Workout	set(s): Red	corded weight ($_$		reps)
If	reps:	Increase workou	ıt weight	5-10%

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Workout	set(s): Red	corded weight (_		reps)
If	reps:	Increase workou	ut weight	5-10%

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