

# REFEREE RANT

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Affirmation | CHALLENGE | Core

***June 2020: We are so happy to partner up, to bring you a challenge to keep you sharp, both mind and spirit! Thank you for rocking with us. The next pages will be the images that you can use for the challenge. Be sure to save them on your phone, tablet, or computer. Be sure to use the hashtag:***

# ***#11onerantchallenge***

***Feel free to print it out, or share it in your favorite social media outlet, whether that be Facebook, Twitter, Instagram, or Tik Tok!***

***REFEREE  
RANT***

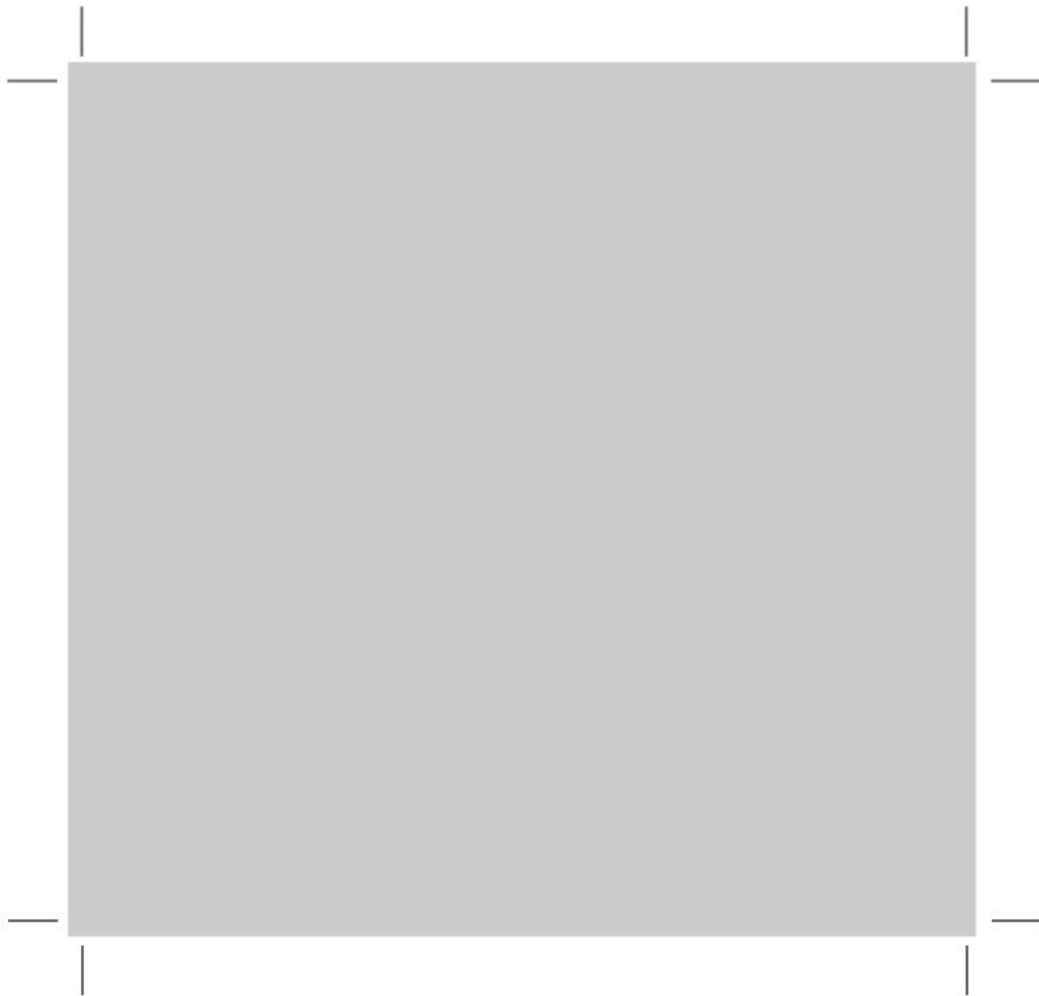
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# #11oneRantChallenge

Back to Basics; One Day at Time.

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**RANT** × **Eleven**  
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# #11oneRantChallenge

Back to Basics; One Day at Time.

<b>Day 1</b> 15 crunches 6 leg raises 10 second plank	<b>Day 2</b> 20 crunches 8 leg raises 15 second plank	<b>Day 3</b> 25 crunches 10 leg raises 20 second plank	<b>Day 4</b> 30 crunches 12 leg Raises 25 second plank	<b>Day 5</b> 35 crunches 14 leg raises 30 second plank
<b>Day 6</b> 40 crunches 15 leg raises 35 second plank	<b>Day 7</b> 45 crunches 18 leg raises 40 second plank	<b>Day 8</b> 50 crunches 20 leg raises 45 second plank	<b>Day 9</b> 55 crunches 22 leg raises 50 second plank	<b>Day 10</b> 60 crunches 24 leg raises 55 second plank
<b>Day 11</b> 65 Crunches 25 leg raises 60 second plank	<b>Day 12</b> 70 Crunches 28 leg raises 65 second plank	<b>Day 13</b> 75 crunches 30 leg raises 70 second plank	<b>Day 14</b> 80 crunches 32 leg raises 75 second plank	<b>Day 15</b> 85 crunches 34 leg raises 80 second plank
<b>Day 16</b> 85 crunches 34 leg raises 80 second plank	<b>Day 17</b> 80 crunches 32 leg raises 75 second plank	<b>Day 18</b> 75 crunches 30 leg raises 70 second plank	<b>Day 19</b> 70 Crunches 28 leg raises 65 second plank	<b>Day 20</b> 65 Crunches 25 leg raises 60 second plank
<b>Day 21</b> 60 crunches 24 leg raises 55 second plank	<b>Day 22</b> 55 crunches 22 leg raises 50 second plank	<b>Day 23</b> 50 crunches 20 leg raises 45 second plank	<b>Day 24</b> 45 crunches 18 leg raises 40 second plank	<b>Day 25</b> 40 crunches 15 leg raises 35 second plank
<b>Day 26</b> 35 crunches 14 leg raises 30 second plank	<b>Day 27</b> 30 crunches 12 leg Raises 25 second plank	<b>Day 28</b> 25 crunches 10 leg raises 20 second plank	<b>Day 29</b> 20 crunches 8 leg raises 15 second plank	<b>Day 30</b> 15 crunches 6 leg raises 10 second plank

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THE WRITER MUST WRITE WHAT HE HAS TO SAY,  
NOT SPEAK IT.

- Ernest Hemingway