

# 2020 DHT Challenge List. (Fitness Category)(1 of 3 lists) Final 2020 update

DHT= Do hard Things. It's about the journey, not the completion. WWW.DHTChallenge.com. Instagram: DHTChallenge

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	1	Do 20 pushups from your feet, IAR, IAmi
	2	Do 20 consecutive jump ropes, IAR, IAmi
	3	Hold breath 60 seconds
	4	Hand stand walk 20 feet.
	5	Complete 20 Burpees, IAmi
	6	Hold Tree pose FAMi
	7	Complete 2 push ups from your knees, IAR
	8	Do a pull-up.
	9	Complete 20 Air Squats, IAmi
	10	Complete 20 Box Jumps at 20% your height or more, IAmi
	11	Hold a plank from elbows or hands, IAmi
	12	Complete 5 reps of 4 different push-ups, IAmi
	13	Hang from bar FAMi
	14	Hang in a chin-up FAMi
	15	Hang from right hand, from bar, FAMi
	16	Hang from left hand, from bar, FAMi
	17	Complete 22 reps of 20 core exercise x 2, IAH
	18	Complete 220 Burpees, IAH
	19	20 Yoga Poses for 20 seconds each.
	20	200 Air Squats every day, FAW.
	21	Run a mile faster than your PR or in the last 5 years.
	22	Train 2 days a week for 20 weeks strait.
	23	Complete 2020 pull-ups, IAY.
	24	Do 200 push-ups IAD.
	25	Do 20 cartwheels in a row, each side.
	26	Hold a plank for 220 seconds.
	27	Walk 10,000 steps a day for 20 days strait.
	28	Throw and catch with non dominant hand 220 times.
	29	Stand on left foot for 2 minutes, then right foot.
	30	Complete 10 rounds, IAH: 5 handstand push-ups (feet can be up against wall) 5 pistol squats, each leg 5 pull-ups
	31	Complete 10 rounds, IAH: 5 inverted push-ups (feet can rest anywhere above head) 10 lunges each leg alternating, 5 assisted pull-ups or jump ups.
	32	Complete 10 rounds, IAH: 20 box jumps 20% or more your height 20 military arm presses with 20% body weight or more.
	33	Do at least 20 of each: Burpees, Push-Ups, Pull-Ups, Squats with 20lbs, Box Jumps at least 20 inches, Do at least 220 reps, IAHh
	34	Complete 220 lunges, core exercises, push-ups (knees or hands), and 22 pull-ups, IAH
	35	20lbs total or 20lbs each hand: 220 kettlebell swings, 22 Standing Flies, 22 standing rows, 22 squats
	36	Complete 2020 meters on a rower, IAH.
	37	Jump rope for 2 minutes and 20 seconds continuously.
	38	Complete 200 calories on 2 machines, IAD
	39	Burn 2020 calories on any combination of cardio machines, IAD.
	40	Climb 20X up a rope.(hemp or similar, typically 15ft high) IAD
	41	Complete 220 Kettle Bell swings with 20% of your body weight IAD.
	42	Lift 2,020,000 lbs IAmo
	43	Bowl a 220 or higher.
	44	Take one cycling class and one other fitness class IAW
	45	Swim 20 km IAmo
	46	Take a fitness class from 20 different instructors
	47	Take a martial arts class.
	48	Visit and workout at 20 different gyms on 20 different days. IAmo
	49	Take a yoga class every day (online qualifies) FAW
	50	Determine your current Single Max Squat today, record and save. When ready (after training, etc..) Lift 20% more than your previous max squat.
	51	Take a fitness class somewhere you've never been before.
	52	Boulder 20 V2's (don't have to be unique), IAHh

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	53	Boulder a PR grade (Life time or last 5 years)
	54	20 unique boulder problems, IAHH.
	55	Do 22 different boulder problems in a 1/2 hour, IAHH
	56	Do 3 Boulder problems, IAmi
	57	Complete 220 Unique boulder problems IAD
	58	Boulder a rating you have never been able to boulder before (or in last 5 years)
	59	Compete in an organized climbing competition.
	60	Rope climb up and down a wall at least 30 feet high. IAmi
	61	Climb twice to the top of a climbing wall, one hand behind your back. (L n R)
	62	Climb twice to the top of a climbing wall, with one foot only. (L n R)
	63	Climb 2020 feet IAW.
	64	Throw and catch with non dominant hand 220 times.
	65	Complete 220 Climbing pitches IAD (28ft wall or higher)
	66	Get three people to join the DHT Challenge webpage, and attempt three challenges.
	67	Both partners blindfolded, climb to the top of 3 different climbing walls (using 3 different ropes). Finding the ropes, tying in, checking belay, etc...
	68	Redpoint (rope climbing), without falling, a letter grade you have not been able to climb in the last 5 years or ever.
	69	Onsight Flash (rope climbing) without falling, a letter grade you have not been able to onsight climb in the last 5 years or ever.
	70	Run, Bike, Climb, Swim, Take a Fitness Class, Lift Weights, plus one more outdoor activity IAD
	71	Complete an organized human powered race.
	72	Bike 20 miles, IAD.
	73	XC or BC ski 20 miles or more.
	74	Climb 2020 feet outside. IAMo
	75	Climb somewhere outside you haven't climbed before.
	76	Climb a 2 or more pitch route outside IAD
	77	Climb a 20 or more pitch route.
	78	Climb outside
	79	Bike 200 miles IAMo
	80	Lead and be lead by a partner, blindfolded, on a trail for 20 minutes each.
	81	Complete 10 twice double unders or 220 jumps in a row.
	82	Pick up 2020 pieces of trash
	83	Host/Coordinate a DHT Challenge Day in your community
	84	Mountain bike 20+ miles on trails NTY, IAW
	85	Complete a multiday human powered race. IAW
	86	Run/Speed Walk 20 minutes a day 20 days or more IAMo
	87	Run/Speed Walk 20 minutes a day 20 days or more IAMo
	88	XC or BC 200 miles or more IAMo
	89	Travel to a country you have never been before.
	90	Shoot a bow and arrow 20 times.
	91	Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc...)
	92	Outdoor adventure with 20 people you have never adventured with before (can be done together or seperately)
	93	Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc...)
	94	Ascend 2 peaks 10,100 ft or higher, with at least 2,020 ft human powered. Doesn't matter how long between ascents.
	95	Complete via human powered travel: 2 miles on a water craft, 20 miles on a bike, 20 miles on foot, 20 miles on skis or snow shoes.
	96	Mountain bike 20+ miles on trails you have never been before. Minimum length on any one trail 5 miles. IAW
	152	Slide 200 ft. On: grass, glisade on snow, sand dune, playground slide, railing(s), other..
	153	Climb five different grades, four times each IAH.
	154	Climb for 20 minutes without touching the ground.
	155	Climb 20 different 5.10s in an hour
	156	Run 20 miles in 20 minutes or less.
	157	Complete any two boulder problems with your right hand only, then left. Four ascents. (use both feet)
	158	Walk 2 miles backwards.
	159	Complete 5 tabatas,(4 minutes each), with five different exercises, then repeat. Take one minute break between each
	160	Squat 2020 KGs in 20 minutes.
	184	Every minute for 30 minutes do the following, in any order: one pull-up, one push-up, one squat, one lunge each leg, one crunch, one back extension / Wonder Woman.