

# Welcome to the

# FAST Athlete 15-Day Challenge

The AS community is known for their strength and resilience as you all care so deeply for one or many individuals living with Angelman syndrome, around the world. These next 15 days are for YOU – physical and mental challenges to help maintain or activate your health and wellbeing. We invite you to complete the activities below, share your progress using #FASTAthletesCAN, and have some fun along the way!

“WHETHER YOU THINK YOU CAN, OR THINK YOU CAN’T – YOU ARE RIGHT”

Day	Activity	Completed	Reps/Time
1	Sit ups for 60 seconds		
2	Wall squat hold		
3	The Back Challenge		
4	Run / Jog without stopping		
5	Dance for an entire song		
6	Hang from a bar		
7	Deep squat hold		
8	List 15 accomplishments		
9	The Plank		
10	Push ups		
11	Bulgarian Split Squats		
12	The Wheelbarrow		
13	Hold an unusual object for 45 seconds		
14	Ab series		
15	Turkish Get-Up		

*\*Disclaimer: The Foundation for Angelman Syndrome Therapeutics and the FAST Athletes 15-Day challenge is for informational purposes only and should be completed at your own risk. FAST and the Athletes are not medical experts. You should always consult your physician or other healthcare provider before starting an exercise program.*