

NEW SKILL CHALLENGE

NOVEMBER



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The New Skill Challenge

For November, we're switching things up: a fun, focused challenge to learn a new exercise skill.

Whether you want to master skipping, kettlebell training, handstands, or balance exercises, this challenge will guide you through a 30-day journey of progression, breaking down your chosen skill into achievable steps.

Over the next 30 days, we'll focus on four key areas:

- The fundamentals
- Build consistency and confidence
- Level up
- Polish and perfect

Your November New Skill Challenge

Here’s what you can expect from this challenge:

COORDINATION

Learning a new skill requires your brain and body to work together in new ways, enhancing your overall coordination.

CONFIDENCE

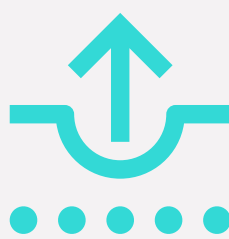
Mastering a new skill feels amazing. You’ll gain confidence in your physical abilities and expand your fitness repertoire.

FUNCTIONAL STRENGTH

Whether it’s from kettlebell swings or bodyweight gymnastics, you’ll build functional strength as you practise.

EXCITEMENT

You’ll have a new skill to integrate into your regular workouts, keeping things fresh and exciting.



Choosing your skill

Try out a few options to see what fits your interests and schedule.
If you’re struggling for choice, here are some ideas:

-  **Skipping (Jump Rope)**
Great for cardio, coordination, and footwork. You can even get a cordless skipping rope which lets you skip in the house. Just warn anyone below before you start bouncing.
-  **A new team sport**
Joining a local team sport like football or rugby is a great way to get a full-body workout while having fun and connecting with others. These sports offer an intense workout for everything from your arms to your core, and the team environment adds motivation and excitement. Plus, working out with others can make it easier to stay consistent, challenge yourself, and stay accountable.
-  **Bodyweight gymnastics**
For the more advanced – pick a realistic move you’ve always been fond of. Think handstands, wall walks, or anything to do with holding your bodyweight up.

WEEK 1

The Fundamentals



Every skill, whether it’s skipping, dribbling a football, or mastering balance, starts with the same thing: strong foundations. Week one is all about building those fundamentals and setting yourself up for success. Rather than worrying about how “good” you are, the goal here is to simply start. Choose a skill that excites you, spend some time learning the basics, and commit to short, focused practice sessions each day.



DAY 1

Choose your skill. Do a bit of research or watch a video on various skills to see what excites you most.



DAYS 2–3

Learn the basics. If it’s skipping, practise simple hops with a rope. If it’s a team sport like football, start with trying some footwork. For balance, try standing on one leg for short periods.



DAYS 4–5

Start practising your skill for 10–15 minutes a day. Focus on the basics and developing muscle memory.



DAYS 6–7

Reflect on your progress and assess what areas need improvement. Practice consistently and get comfortable with the foundational movements.

WEEK 2

Build consistency and confidence



Now that you’ve familiarised yourself with the basics, it’s time to build consistency and grow more confident with your chosen skill.



DAY 8–9

Increase your practice time to 20 minutes a day.

Focus on improving your form and technique. For example, if you’re skipping, try alternating between single jumps and double jumps. Or even try one-legged skips.



DAYS 10–11

Add a new variation or challenge.

Join a friendly game if you can, or for handstands, use the wall then step one hand-width away to hold balance.



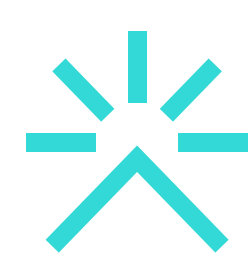
DAYS 12–14

By the end of the week, aim to perform your chosen skill with improved consistency.

Don’t worry if it’s not perfect yet, progress is key. Take note of any improvements in your strength, coordination, or agility.

WEEK 3

Spice it up



This week, it’s time to level up your skill by adding more complexity. Whether that’s increasing intensity, adding combinations, or trying more advanced variations, you’ll start to see real progress.



DAY 15–16

Increase the difficulty.

For skipping, try double–unders (when the rope passes under your feet twice in one jump). For football, focus on perfecting your kick from various angles. For handstands, depending on your confidence and ability level, try holding them out for just an extra second each day.



DAYS 17–18

Target your weak points.

If there’s a part of the skill that feels difficult (timing, balance, or coordination), dedicate extra time to refining that specific area.



DAYS 19–21

Combine different movements or variations to create more challenging routines.

For example, you could add push–ups or integrate squats in between your skipping sets.

WEEK 4

Polish & perfect



In the final week, the goal is to perfect your skill by focusing on refining your technique and performing the movements with precision.



DAY 22–23

Slow down and pay close attention to your form. Take videos or ask someone to provide feedback to ensure you’re moving correctly.



DAYS 24–25

Increase the duration of your practice sessions to 30 minutes. Focus on consistency and flow in your movements.



DAYS 26–27

Test yourself with a challenge or personal goal. For example, how many skips can you do in 2 minutes? How long can you hold a handstand for? Push your limits and celebrate your progress.



DAYS 28–30

Reflect on your journey. By the end of the month, you’ll have gained confidence in your new skill and be able to perform it with proficiency. Set a goal for how you’ll continue practising and incorporating this skill into your fitness routine beyond November.

Why try the new skill challenge?

By the end of November, as well as having a new skill to boast about, you'll have improved your coordination, balance, strength, and focus. Learning new physical skills keeps your brain engaged, improves your overall fitness, and makes exercise fun and rewarding.

Let's make November exciting, away from the usual gloom – pick a skill, start small, and enjoy the process.





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