

WEEKLY EXERCISE CHALLENGE CHART!

Exercise	Challenge of the Month						
<i>Minimum 1 minute</i>	MONDAY	TUESDAY	WEDNES.	THURS.	FRIDAY	SAT.	SUNDAY
Jumping Jacks							
Burpees							
High Knee							
Mountain Climbers							
Jump up & Squat							
Lunges							
Squats							
Wall Sit							
Leg Lifts (lying on back)							
Cycling Cross Crunches							
Heel touches							
plank							
Arm raises + circles							