



## FLAB-U-LESS FEBRUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>1</b> Heart Pump X's 2 50 jumping jacks 15 Burpee 15 seconds fast feet	<b>2</b> Take a walk during lunch! Or jump on the treadmill. #NoExcuses	<b>3</b> Tabata Style Mountain Climbers! 20 seconds work it 10 seconds rest 8 rounds!	<b>4</b> 50 burpress today! However you want – add them in throughout the day!
<b>5</b> Add lemon to your water today. Drink ½ your body weight in ounces.	<b>6</b> Motivational Monday! Post something on our Facebook page to inspire someone! #MotivationalMonday	<b>7</b> Take 5 minutes today and meditate.	<b>8</b> 100 Squats today! However you want – add them in throughout the day!	<b>9</b> Post a picture of you or you and your friends working out at Integrity on our Facebook page and use the hashtag #FitFriends	<b>10</b> Side plank 30 seconds each side Repeat 2 times.	<b>11</b> Bicycle crunches Fast feet Jump squats 20 seconds each Do 3 Rounds.
<b>12</b> REST	<b>13</b> Post an image on our Facebook page of a healthy meal you prepared Hashtag #MealPrepMonday	<b>14</b> Take 10 minutes today and STRETCH that body!	<b>15</b> 30 squats 20 push-ups Plank for 1:20 Repeat 2 times!	<b>16</b> Heart Pump X's 2 55 jumping jacks 20 Burpees 20 seconds fast feet	<b>17</b> 25 donkey kicks each side! 25 Fire hydrates each side! 25 Plie Squats 25 Lunges each side! Repeat Once.	<b>18</b> 50 Push-ups today! However you want – add them throughout the day!
<b>19</b> REST	<b>20</b> Post an image on our Facebook page of a healthy meal you prepared Hashtag #MealPrepMonday	<b>21</b> Plank – As long as you can. Record how long you held it! Held my plank for _____	<b>22</b> Heart Pump X's 2 60 jumping jacks 25 Burpees 25 seconds fast feet	<b>23</b> Drink 1 gallon of water today. (128 ounces)  I drank _____Ounces	<b>24</b> Tabata Style Mountain Climbers! 20 seconds work it 10 seconds rest 8 rounds!	<b>25</b> Take a picture doing something healthy post to Integrity's Facebook Examples: Healthy meal, exercising
<b>26</b> REST	<b>27</b> Motivational Monday! Post something on our Facebook page to inspire someone! #MotivationalMonday	<b>28</b> Post a picture of you or you and your friends working out at Integrity on our Facebook page and use the hashtag #FitFriends	<b>DON'T LIMIT YOUR CHALLENGES. CHALLENGE YOUR LIMITS!</b>			