



FLAB-U-LESS FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Motivational Monday! Post something on our Facebook page to inspire someone!	2 Heart Pump 50 jumping jacks 15 Burpee 15 seconds fast feet	3 Workout Wednesday! Try a Fitness Class – something new!	4 Take a walk during lunch! Yeah – it’s cold out.....bundle up! #NoExcuses	5 Tabata Mountain Climbers! 20 seconds work it 10 seconds rest 8 rounds!	6 50 burpess today! However you want – add them in throughout the day!
7 Add lemon to your water today. Drink ½ your body weight in ounces.	8 25 sit- ups 15 push-ups 1 minute plank	9 Take 5 minutes today and meditate.	10 100 Squats today! However you want – add them in throughout the day!	11 Post a picture of you or you and your friends working out at Integrity and use the hashtag #WorkoutToHelpout	12 Side plank 30 seconds each side	13 Bicycle crunches Fast feet Jump squats 20 seconds each X’s 3!
14 REST	15 Post an image on our Facebook page of a healthy meal you prepared Hashtag #MealPrepMonday	16 Take 10 minutes today and STRETCH that body!	17 30 squats 20 push-ups 1:20 plank	18 Heart Pump 55 jumping jacks 20 Burpees 20 seconds fast feet	19 25 donkey kicks each side! 25 Fire hydrates each side! 25 Plie Squats 25 Lunges each side!	20 50 Push-ups today! However you want – add them throughout the day!
21 REST	22 Post an image on our Facebook page of a healthy meal you prepared Hashtag #MealPrepMonday	23 Plank – As long as you can. Record how long you held it! Held my plank for _____	24 Heart Pump 60 jumping jacks 25 Burpees 25 seconds fast feet	25 Drink 1 gallon of water today. (128 ounces) I drank _____ Ounces	27 Tabata Mountain Climbers! 20 seconds work it 10 seconds rest 8 rounds!	27 Take a picture of you doing something for your health and post it to our Facebook page! Examples: Healthy meal, Picture of you at gym, Walking the dog
28 Rest	29 70 burpess today! However you want – add them in throughout the day!					