



Jiggle Free July 2015

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|--|
| | | | 1 10 lunges, jog 10 sec 10 squats, jog 10 sec, 10 push-ups | 2 BodyBurn/ Take a fitness class | 3 20 lunges, jog 20 sec, 20 squats, jog 20 sec, 20 push-ups | 4 BodyBurn/ Take a fitness class |
| 5 REST | 6 30 lunges, jog 30 sec, 30 squats, jog 30 sec, 30 push-ups | 7 BodyBurn/ Take fitness class | 8 35 lunges, jog 35 sec, 35 squats, jog 35 sec, 35 push ups | 9 BodyBurn/ Take fitness class | 10 REST | 11 BodyBurn/ Take a fitness class |
| 12 REST | 13 40 lunges, jog 40 sec, 40 squats, jog 40 sec, 40 push ups | 14 BodyBurn/ Take a fitness class | 15 10 Mt climbers, 10 burpees, 10 donkey kicks | 16 BodyBurn/ Take fitness class | 17 REST | 18 BodyBurn/ Take fitness class |
| 19 REST | 20 20 Mt climbers, 20 burpees, 20 donkey kicks | 21 BodyBurn/ Take fitness class | 22 30 Mt climbers, 30 burpees, 30 donkey kicks | 23 BodyBurn/ Take fitness class | 24 REST | 25 BodyBurn/ Take fitness class |
| 26 REST | 27 40 Mt climbers, 40 burpees, 40 donkey kicks | 28 BodyBurn/ Take fitness class | 29 50 Mt climbers, 50 burpees, 50 donkey kicks | 30 BodyBurn/ Take fitness class | 31 REST | |
| Have a coach sign off on your calendar as proof you have completed all days in this month's challenge and receive \$15.00 off your purchase of 45.00 or more! | | | | | | |