



## NO JIVE JANUARY FITNESS CHALLENGE 2016!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>This was designed to challenge you in new ways! To mix up that boring routine. Are you up for the challenge? Let's do this! 2016 Here We Come!</i></p>				<p><b>1 Meditate 15 Minutes</b></p> <p>Mentally prepare for this challenge. You can do it! You will need to initial upon completion: _____</p>	<p><b>2 Burpees</b></p> <p>10 burpees 20 rest 10 burpees 20 rest 10 burpees = 30 burpees total!</p>
<p><b>3 Rest</b></p> <p>ZzzzzZZZZzzzzZZZZzz</p>	<p><b>4 Beautiful Buns</b></p> <p>15 donkey kicks, 15 fire hydrants (each side), 30 second rest, &amp; repeat 3 times! Butt cramps anyone?</p>	<p><b>5 Take a Fitness Class</b></p> <p>Take a Fitness Class and FEEL the burn. Push yourself.</p>	<p><b>6 Luscious Legs</b></p> <p>20 sumo squats, 20 jump squats, 20 lunges 30 sec rest and repeat 3 times!</p>	<p><b>7 Abs of Copper</b></p> <p>20 Bicycle Crunches, 20 Russian twists, 20 flutter kicks 30 sec rest, repeat 3 times!</p>	<p><b>8 15 Minutes Interval Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 15 minutes.</p>	<p><b>9 Burpees</b></p> <p>15 burpees 20 rest 15 burpees 20 rest 15 burpees = 45 burpees total!</p>
<p><b>10 Rest</b></p> <p>ZzzzzZZZZzzzz</p>	<p><b>11 Snack Prep</b></p> <p>Prep snacks for the week. #MealPrepMonday Post pictures on our Facebook page!</p>	<p><b>12 Buns &amp; Guns</b></p> <p>20 squats, 10 triceps dip, 15 biceps curls Rest 30 sec &amp; repeat 3 times!</p>	<p><b>13 Plank</b></p> <p>Plank 1 minute! Push yourself! FOCUS! Record: _____</p>	<p><b>14 Abs of Steel</b></p> <p>25 Bicycle crunches, 25 Russian twists, 25 flutter kicks 30 sec rest, repeat 3 times!</p>	<p><b>15 20 Minutes Interval Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 20 minutes.</p>	<p><b>16 Burpees</b></p> <p>20 burpees 20 rest 20 burpees 20 rest 20 burpees = 60 burpees total!</p>
<p><b>17 Rest</b></p> <p>ZZZzzzzzzzzZZzzzz</p>	<p><b>18 Plan Meals</b></p> <p>Prepare your meals for the week @MealPrepMonday Let's see some images on Facebook!</p>	<p><b>19 Luscious Legs</b></p> <p>25 sumo squats, 25 jump squats, 25 lunges 30 rest and repeat 3 times!</p>	<p><b>20 Plank</b></p> <p>Plank 1 minute 20 seconds! Record: _____</p>	<p><b>21 Abs of Iron</b></p> <p>30 Bicycle crunches, 30 Russian twists, 30 flutter kicks 30 sec rest, repeat 3 times!</p>	<p><b>22 25 Minutes Total Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 25 minutes.</p>	<p><b>23 Burpees</b></p> <p>30 burpees 20 rest 30 burpees 20 rest 30 burpees = 90 burpees total!</p>
<p><b>24 Rest</b></p> <p>ZzzZzZzzzz</p>	<p><b>25 Bodacious Buns</b></p> <p>25 donkey kicks, 25 fire hydrants X's 3 each side! 30 sec rest between sets</p>	<p><b>26 Fitness Class</b></p> <p>Take a Fitness Class and FEEL the burn. Push yourself.</p>	<p><b>27 Buns &amp; Guns</b></p> <p>30 squats, 15 triceps dip, 20 biceps curls rest 30, repeat 3 times!</p>	<p><b>28 Abs of Golden Glory!</b></p> <p>45 Bicycle crunches, 45 Russian twists, 45 flutter kicks 30 sec rest, repeat 3 times!</p>	<p><b>29 30 Minutes Total Cardio</b></p> <p>Jog for 5 min Walk for 25 moderate pace.</p>	<p><b>30 Burpees</b></p> <p>40 burpees 20 rest 40 burpees 20 rest 40 burpees = 120 burpees total!</p>

**Do these challenges in front of your Coach. The Coach will then initial the day as proof that you completed the challenge for that day. Every challenge day needs to be initialed by the coach excluding Day 1 & rest days, and photograph your food prep days & show your coach—yes, this challenge is serious business! Present this calendar to your coach upon the month's challenge completion and you will receive 30% off your total store purchase & 1 FREE 15 minute coaching lesson! \*Participating Clubs May Vary.**