



## NO JIVE JANUARY FITNESS CHALLENGE 2015

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!</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 20 Minutes Total Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 20 minutes.</p>	<p><b>3 Burpees</b></p> <p>10 burpees 20 rest 10 burpees 20 rest 10 burpees = 30 burpees total!</p>
<p><b>4 Rest</b></p> <p>ZzzzzZZZZzzzzZZZZzz</p>	<p><b>5 Beautiful Buns</b></p> <p>Alternate 15 donkey kicks 15 fire hydrants X's 2 each side. Superset no rest! GO!</p>	<p><b>6 Abs of Steel</b></p> <p>20 crunches, 20 Russian twists, 20 flutter kicks 30 sec rest, repeat!</p>	<p><b>7 Luscious Legs</b></p> <p>20 sumo squats, 20 jump squats, 20 lunges 30 sec rest and repeat!</p>	<p><b>8 BodyBurn</b></p> <p>Take a Fitness Class and FEEL the burn. Push yourself.</p>	<p><b>9 25 Minutes Total Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 25 minutes.</p>	<p><b>10 Burpees</b></p> <p>15 burpees 20 rest 15 burpees 20 rest 15 burpees = 45 burpees total!</p>
<p><b>11 Rest</b></p> <p>ZzzzzzZZZZzzzz</p>	<p><b>12 Snack Prep</b></p> <p>Prep snacks for the week. Almonds, apples, cottage cheese, celery/PB... etc.</p>	<p><b>13 Buns &amp; Guns</b></p> <p>20 squats, 10 triceps dip, 15 biceps curls Rest 30 sec repeat!</p>	<p><b>14 Plank</b></p> <p>Plank 1 minute! Push yourself! FOCUS! Record: _____</p>	<p><b>15 Abs of Steel</b></p> <p>25 crunches, 25 Russian twists, 25 flutter kicks 30 sec rest, repeat!</p>	<p><b>16 30 Minutes Total Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 30 minutes.</p>	<p><b>17 Burpees</b></p> <p>20 burpees 20 rest 20 burpees 20 rest 20 burpees = 60 burpees total!</p>
<p><b>18 Rest</b></p> <p>ZZZZzzzzzzZZZZzz</p>	<p><b>19 Plan Meals</b></p> <p>Prepare your meals for the week – Snacks, lunches and dinners!</p>	<p><b>20 Luscious Legs</b></p> <p>25 sumo squats, 25 jump squats, 25 lunges 30 rest and repeat!</p>	<p><b>21 Plank</b></p> <p>Plank 1 minute 20 seconds! Record: _____</p>	<p><b>22 Abs of Iron</b></p> <p>20 hip raises each side, 30 crunches, 20 bicycle crunches 30 rest, REPEAT!</p>	<p><b>23 35 Minutes Total Cardio</b></p> <p>30 seconds jog alternate 60 sec walk until it = 35 minutes.</p>	<p><b>24 Burpees</b></p> <p>30 burpees 20 rest 30 burpees 20 rest 30 burpees = 90 burpees total!</p>
<p><b>25 Rest</b></p> <p>ZzzZzZzzzzzzzz</p>	<p><b>26 Bodacious Buns</b></p> <p>20 donkey kicks, 20 fire hydrants X's 3 each side! 20 sec rest between sets</p>	<p><b>27 BodyBurn</b></p> <p>Take a Fitness Class and FEEL the burn. Push yourself.</p>	<p><b>28 Buns &amp; Guns</b></p> <p>30 squats, 15 triceps dip, 20 biceps curls rest 30, repeat!</p>	<p><b>29 Golden Abs</b></p> <p>30 hip raises each side, 40 crunches, 30 bicycle crunch 30 rest, REPEAT!</p>	<p><b>30 40 Minutes Total Cardio</b></p> <p>Jog for 5 min Walk for 35 moderate pace.</p>	<p><b>31 Burpees</b></p> <p>Only 10 – congratulations you did 31 days of No Jive January!</p>
<p><b>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 &amp; rest days, and photograph your food prep days &amp; 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 &amp; 1 FREE 15 minute coaching lesson! *Participating Clubs May Vary.</b></p>						