

August 2015



Total Body Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks
2	3	4	5	6	7	8
Rest Day	10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks	10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks	10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks	Rest Day	10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks	10 Dips 10 Situps 20 Push Ups 20 Skater Squats 50 Jumping Jacks
9	10	11	12	13	14	15
Rest Day	12 Dips 12 Situps 30 Push Ups 30 Skater Squats 75 Jumping Jacks	12 Dips 12 Situps 30 Push Ups 30 Skater Squats 75 Jumping Jacks	12 Dips 12 Situps 30 Push Ups 30 Skater Squats 75 Jumping Jacks	Rest Day	12 Dips 12 Situps 30 Push Ups 30 Skater Squats 75 Jumping Jacks	12 Dips 12 Situps 30 Push Ups 30 Skater Squats 75 Jumping Jacks
16	17	18	19	20	21	22
Rest Day	14 Dips 14 Situps 40 Push Ups 40 Skater Squats 100 Jumping Jacks	14 Dips 14 Situps 40 Push Ups 40 Skater Squats 100 Jumping Jacks	14 Dips 14 Situps 40 Push Ups 40 Skater Squats 100 Jumping Jacks	Rest Day	14 Dips 14 Situps 40 Push Ups 40 Skater Squats 100 Jumping Jacks	14 Dips 14 Situps 40 Push Ups 40 Skater Squats 100 Jumping Jacks
23	24	25	26	27	28	29
Rest Day	16 Dips 16 Situps 50 Push Ups 50 Skater Squats 125 Jumping Jacks	16 Dips 16 Situps 50 Push Ups 50 Skater Squats 125 Jumping Jacks	16 Dips 16 Situps 50 Push Ups 50 Skater Squats 125 Jumping Jacks	Rest Day	16 Dips 16 Situps 50 Push Ups 50 Skater Squats 125 Jumping Jacks	16 Dips 16 Situps 50 Push Ups 50 Skater Squats 125 Jumping Jacks

