

February 2015



Love Yourself First Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Rest Day	1 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	1 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	1 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	Rest Day	1 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	1 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise
8	9	10	11	12	13	14
Rest Day	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	Rest Day	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise
15	16	17	18	19	20	21
Rest Day	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	Rest Day	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	2 Min of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise
22	23	24	25	26	27	28
Rest Day	3 Min Sec of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	3 Min Sec of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	3 Min Sec of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	Rest Day	3 Min Sec of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise	3 Min Sec of each: Walking Lunges Crunchy Frogs Narrow Squat V Raise Jump Rope Sea Turtles Squat with Calf Raise

