

January 2015



Cardio Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
	2 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	2 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	2 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	2 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers
11	12	13	14	15	16	17
2 Min 30 Sec of each: Jumping Jacks Line Hops X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	2 Min 30 Sec of each: Jumping Jacks Line Hops X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	2 Min 30 Sec of each: Jumping Jacks Line Hops X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	2 Min 30 Sec of each: Jumping Jacks Line Hops X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	2 Min 30 Sec of each: Jumping Jacks Line Hops X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers
18	19	20	21	22	23	24
3 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	3 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	3 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	3 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	3 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers
25	26	27	28	29	30	31
4 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	4 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	4 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	Rest Day	4 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers	4 Min of each: Jumping Jacks X Country Skier Jump Rope Front Back Fast Feet Mountain Climbers

