

# July 2014



## Cardio Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Rest Day	10 Burpees, 10 Jump Squats, 20 Jumping Jacks, 20 Mountain Climbers, 10 Mary Katherine Lunges, 5 Min Running /Walking	Rest Day	10 Burpees, 10 Jump Squats, 20 Jumping Jacks, 20 Mountain Climbers, 10 Mary Katherine Lunges, 5 Min Running /Walking	10 Burpees, 10 Jump Squats, 20 Jumping Jacks, 20 Mountain Climbers, 10 Mary Katherine Lunges, 5 Min Running /Walking
6	7	8	9	10	11	12
10 Burpees, 10 Jump Squats, 20 Jumping Jacks, 20 Mountain Climbers, 10 Mary Katherine Lunges, 5 Min Running /Walking	15 Burpees, 15 Jump Squats, 25 Jumping Jacks, 30 Mountain Climbers, 10 Mary Katherine Lunges, 7 Min Running /Walking	Rest Day	15 Burpees, 15 Jump Squats, 25 Jumping Jacks, 30 Mountain Climbers, 10 Mary Katherine Lunges, 7 Min Running /Walking	Rest Day	15 Burpees, 15 Jump Squats, 25 Jumping Jacks, 30 Mountain Climbers, 10 Mary Katherine Lunges, 7 Min Running /Walking	15 Burpees, 15 Jump Squats, 25 Jumping Jacks, 30 Mountain Climbers, 10 Mary Katherine Lunges, 7 Min Running /Walking
13	14	15	16	17	18	19
15 Burpees, 15 Jump Squats, 25 Jumping Jacks, 30 Mountain Climbers, 10 Mary Katherine Lunges, 7 Min Running /Walking	20 Burpees, 20 Jump Squats, 30 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 10 Min Running /Walking	Rest Day	20 Burpees, 20 Jump Squats, 30 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 10 Min Running /Walking	Rest Day	20 Burpees, 20 Jump Squats, 30 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 10 Min Running /Walking	20 Burpees, 20 Jump Squats, 30 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 10 Min Running /Walking
20	21	22	23	24	25	26
20 Burpees, 20 Jump Squats, 30 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 10 Min Running /Walking	25 Burpees, 25 Jump Squats, 40 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 12 Min Running /Walking	Rest Day	25 Burpees, 25 Jump Squats, 40 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 12 Min Running /Walking	Rest Day	25 Burpees, 25 Jump Squats, 40 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 12 Min Running /Walking	25 Burpees, 25 Jump Squats, 40 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 12 Min Running /Walking
27	28	29	30	31		
25 Burpees, 25 Jump Squats, 40 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 12 Min Running /Walking	30 Burpees, 30 Jump Squats, 50 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 15 Min Running /Walking	Rest Day	30 Burpees, 30 Jump Squats, 50 Jumping Jacks, 30 Mountain Climbers, 20 Mary Katherine Lunges, 15 Min Running /Walking	Rest Day		

