

July
2015



Cardio Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		Rest Day	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 3 Min Running /walking	Rest Day	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 3 Min Running /walking	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 3 Min Running /walking
5	6	7	8	9	10	11
Rest Day	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 5 Min Running /walking	Rest Day	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 5 Min Running /walking	Rest Day	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 5 Min Running /walking	1 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 5 Min Running /walking
12	13	14	15	16	17	18
Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking
19	20	21	22	23	24	25
Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	Rest Day	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking	2 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 7 Min Running /walking
26	27	28	29	30	31	
Rest Day	3 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 9 Min Running /walking	Rest Day	3 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 9 Min Running /walking	Rest Day	3 Min of each: Burpees Plank Jacks Jump Rope Squat Jacks 9 Min Running /walking	

