

June 2014



Beach Back & Core Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Rest Day	8 Plank Rows, 10 Lat Pulls, 10 Flys, 8 Sea Turtles, 10 Push Ups, 10 Bent Over Rows, 10 Back Extensions, 5 Crunchy Frogs	8 Plank Rows, 10 Lat Pulls, 10 Flys, 8 Sea Turtles, 10 Push Ups, 10 Bent Over Rows, 10 Back Extensions, 5 Crunchy Frogs	8 Plank Rows, 10 Lat Pulls, 10 Flys, 8 Sea Turtles, 10 Push Ups, 10 Bent Over Rows, 10 Back Extensions, 5 Crunchy Frogs	Rest Day	10 Plank Rows, 12 Lat Pulls, 12 Flys, 9 Sea Turtles, 11 Push Ups, 12 Bent Over Rows, 11 Back Extensions, 6 Crunchy Frogs	10 Plank Rows, 12 Lat Pulls, 12 Flys, 9 Sea Turtles, 11 Push Ups, 12 Bent Over Rows, 11 Back Extensions, 6 Crunchy Frogs
8	9	10	11	12	13	14
Rest Day	10 Plank Rows, 12 Lat Pulls, 12 Flys, 9 Sea Turtles, 11 Push Ups, 12 Bent Over Rows, 11 Back Extensions, 6 Crunchy Frogs	12 Plank Rows, 14 Lat Pulls, 14 Flys, 10 Sea Turtles, 12 Push Ups, 14 Bent Over Rows, 12 Back Extensions, 7 Crunchy Frogs	12 Plank Rows, 14 Lat Pulls, 14 Flys, 10 Sea Turtles, 12 Push Ups, 14 Bent Over Rows, 12 Back Extensions, 7 Crunchy Frogs	Rest Day	14 Plank Rows, 15 Lat Pulls, 16 Flys, 11 Sea Turtles, 14 Push Ups, 16 Bent Over Rows, 13 Back Extensions, 8 Crunchy Frogs	14 Plank Rows, 15 Lat Pulls, 16 Flys, 11 Sea Turtles, 14 Push Ups, 16 Bent Over Rows, 13 Back Extensions, 8 Crunchy Frogs
15	16	17	18	19	20	21
Rest Day	14 Plank Rows, 15 Lat Pulls, 16 Flys, 11 Sea Turtles, 14 Push Ups, 16 Bent Over Rows, 13 Back Extensions, 8 Crunchy Frogs	16 Plank Rows, 16 Lat Pulls, 18 Flys, 12 Sea Turtles, 15 Push Ups, 18 Bent Over Rows, 14 Back Extensions, 9 Crunchy Frogs	16 Plank Rows, 16 Lat Pulls, 18 Flys, 12 Sea Turtles, 15 Push Ups, 18 Bent Over Rows, 14 Back Extensions, 9 Crunchy Frogs	Rest Day	16 Plank Rows, 16 Lat Pulls, 18 Flys, 12 Sea Turtles, 15 Push Ups, 18 Bent Over Rows, 14 Back Extensions, 10 Crunchy Frogs	16 Plank Rows, 16 Lat Pulls, 18 Flys, 12 Sea Turtles, 15 Push Ups, 18 Bent Over Rows, 14 Back Extensions, 10 Crunchy Frogs
23	24	25	26	27	28	29
Rest Day	18 Plank Rows, 18 Lat Pulls, 20 Flys, 14 Sea Turtles, 16 Push Ups, 20 Bent Over Rows, 16 Back Extensions, 11 Crunchy Frogs	18 Plank Rows, 18 Lat Pulls, 20 Flys, 14 Sea Turtles, 16 Push Ups, 20 Bent Over Rows, 16 Back Extensions, 12 Crunchy Frogs	18 Plank Rows, 18 Lat Pulls, 20 Flys, 14 Sea Turtles, 16 Push Ups, 20 Bent Over Rows, 16 Back Extensions, 13 Crunchy Frogs	Rest Day	20 Plank Rows, 20 Lat Pulls, 20 Flys, 15 Sea Turtles, 18 Push Ups, 20 Bent Over Rows, 18 Back Extensions, 14 Crunchy Frogs	20 Plank Rows, 20 Lat Pulls, 20 Flys, 15 Sea Turtles, 18 Push Ups, 20 Bent Over Rows, 18 Back Extensions, 14 Crunchy Frogs
30						
Rest Day						

