

January

2016



Cardio Challenge

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

Month

Year

[illegible]