



MONTHLY CHALLENGE

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	20 Jumping Jacks	Hold Bridge for 10 sec.	10 Tuck Jumps	30 sec. Push Up position Hold	30 sec. Right Leg Split Hold	30 sec Left Leg Split Hold
7	8	9	10	11	12	13
15 Straight Body Jumps	15 sec. Hollow Hold	15 Frog Jumps	15 Rock 3 Rolls	Bear Walks around House for 1 min.	1 min Straddle Stretch	Run w/ High Knees for 30 sec.
14	15	16	17	18	19	20
20 sec. Candlestick Hold	10 Straddle Jumps	15 sec. Passe Hold (foot to knee) Right & Left	Hold Bridge for 10 sec.	25 Heel Raises	10 Split Jumps right & left	30 sec Right Leg Split Hold
21	22	23	24	25	26	27
30 sec. Left Leg Split Hold	25 Jumping Jacks	10 Tuck Jumps	10 Push Ups	15 sec. Arch Holds	15 Frog Jumps	15 sec. Hollow Holds
28	29	30	31	1	2	3
Bear Walks around House for 1 min.	15 Rock 3 Rolls	30 sec. Push Up position Hold	Hold Bridge for 10 sec.			