

# Countdown to Summer

## FREE FITNESS CHALLENGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2
					<ul style="list-style-type: none"> <li>• 30 crunches</li> <li>• 10 second plank</li> <li>• 10 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 35 crunches</li> <li>• 15 second plank</li> <li>• 15 squats</li> </ul>

3	4	5	6	7	8	9
rest!	<ul style="list-style-type: none"> <li>• 40 crunches</li> <li>• 20 second plank</li> <li>• 20 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 45 crunches</li> <li>• 25 second plank</li> <li>• 25 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 50 crunches</li> <li>• 30 second plank</li> <li>• 30 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 55 crunches</li> <li>• 35 second plank</li> <li>• 35 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 60 crunches</li> <li>• 40 second plank</li> <li>• 40 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 65 crunches</li> <li>• 45 second plank</li> <li>• 45 squats</li> </ul>

10	11	12	13	14	15	16
rest!	<ul style="list-style-type: none"> <li>• 70 crunches</li> <li>• 50 second plank</li> <li>• 50 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 75 crunches</li> <li>• 55 second plank</li> <li>• 55 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 80 crunches</li> <li>• 60 second plank</li> <li>• 60 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 85 crunches</li> <li>• 65 second plank</li> <li>• 65 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 90 crunches</li> <li>• 70 second plank</li> <li>• 70 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 95 crunches</li> <li>• 75 second plank</li> <li>• 75 squats</li> </ul>

17	18	19	20
rest!	<ul style="list-style-type: none"> <li>• 100 crunches</li> <li>• 80 second plank</li> <li>• 80 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 105 crunches</li> <li>• 85 second plank</li> <li>• 85 squats</li> </ul>	<ul style="list-style-type: none"> <li>• 110 crunches</li> <li>• 90 second plank</li> <li>• 90 squats</li> </ul>

