

# July Stars and Stripes Fitness Challenge

Perform exercises at your fitness level. If you need assistance from one of our Personal Trainers, please feel free to reach out at (310)374-3426, option 3 to speak with one directly or make an appointment. **Stay Healthy and Safe!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						 1 5 Reps
2 REST	3  6 Reps	4  7 Reps	5  8 Reps	6  9 Reps	7  10 Reps	8  11 Reps
9 REST	10  12 Reps	11  13 Reps	12  14 Reps	13  15 Reps	14  16 Reps	15  17 Reps
16 REST	17  4 Reps	18  5 Reps	19  6 Reps	20  7 Reps	21  8 Reps	22  9 Reps
23 REST	24  10 Reps	25  11 Reps	26  12 Reps	27  13 Reps	28  14 Reps	29  15 Reps
30 REST	31  16 Reps					

## Stars workout

- Inchworm
- Planks (30 seconds)
- Chair dips
- Squats

## Stripes workout

- Upright row
- Bicep curl
- Push ups (wall, modified, or regular)
- Lunges

## Weekly reps:

- Week 1-3: 2 sets of each exercise
- Week 4-5: 3 sets of each exercise



A Beach Cities Health District Program