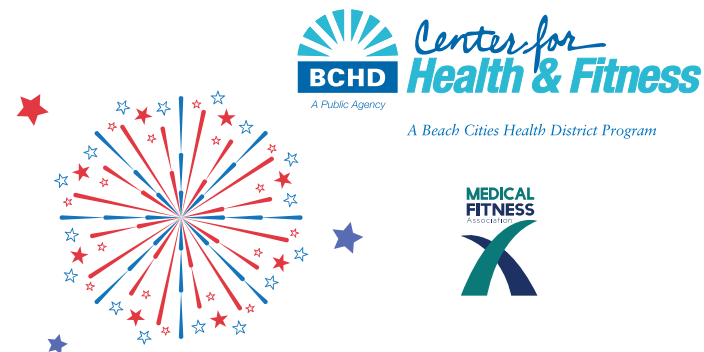


Fireworks Fitness Challenge:

Elevate your workout routine with progressive exercises designed to elevate your existing routine. These activities gradually increase in intensity, optimizing effectiveness and igniting your fitness level.

Each day please complete the activity



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1 minute High Knees	2 1 minute Wall Sit	3 1 minute Push-Ups	4 1 minute Squats	5 1 minute Jumping Jacks	6 1 minute Mountain Climbers
7 REST DAY	8 2 minutes High Knees	9 2 minutes Wall Sit	10 2 minutes Push-Ups	11 2 minutes Squats	12 2 minutes Jumping Jacks	13 2 minutes Mountain Climbers
14 REST DAY	15 3 minutes High Knees	16 3 minutes Wall Sit	17 3 minutes Push-Ups	18 3 minute Squats	19 3 minute Jumping Jacks	20 3 minutes Mountain Climbers
21 REST DAY	22 4 minutes High Knees	23 4 minutes Wall Sit	24 4 minutes Push-Ups	25 4 minutes Squats	26 4 minutes Jumping Jacks	27 4 minutes Mountain Climbers
28 REST DAY	29 5 minutes High Knees	30 5 minutes Wall Sit	31 5 minutes Push-Ups			

Visit www.beachcitiesgym.com/challenge for more information on these exercises.

