

# Just Do It June: June 1st-June 30th



The goal of this challenge is to reach a particular cardio goal each week. Weeks will begin from Monday-Sunday. Each day of the week has a theme with an activity to focus on what can contribute to your cardio goals. Please do what your body feels comfortable with. For more information, please visit [beachcitiesgym.org/challenge](http://beachcitiesgym.org/challenge)



Monday Madness	Toning Tuesday	Walk it out Wednesday	Transformation Thursday	Funky Friday	Stronger Saturday	Sporty Sunday
		1 Take a walk in your neighborhood or come work out at CHF. 20 minutes	2 6 burpees, 30 sec plank, 12 crunches	3 Try Sandie's Dance Fitness video	4 10 push-ups, 10 tricep dips, 10 plank shoulder taps	5 Toss a ball with a friend, family member or pet
6 6 burpees, 8 squat jumps, 6 push ups	7 12 squats, 12 lunges, 12 step-ups	8 Take a walk in your neighborhood or come work out at CHF. 25 minutes	9 8 burpees, 40 sec plank, 15 crunches	10 Agility ladder exercise video	11 12 push-ups, 12 tricep dips, 12 plank shoulder taps	12 Ride a bicycle or take a Performance Cycling Class.
13 8 burpees, 10 squat jumps, 8 push ups	14 14 squats, 14 lunges, 14 step-ups	15 Take a walk in your neighborhood or come work out at CHF. 30 minutes	16 10 burpees, 50 sec plank, 20 crunches	17 Zumba fitness video	18 14 push-ups, 14 tricep dips, 14 plank shoulder taps	19 Kick a ball with a friend, family member or pet
20 10 burpees, 12 squat jumps, 10 push ups	21 16 squats, 16 lunges, 16 step-ups	22 Take a walk in your neighborhood or come work out at CHF. 35 minutes	23 12 burpees, 1 min plank, 25 crunches	24 Boot Camp exercise video	25 16 push-ups, 16 tricep dips, 16 plank shoulder taps	26 Go for a Hike with a friend or take them to CHF for the day!
27 12 burpees, 15 squat jumps, 12 push ups	28 18 squats, 18 lunges, 18 step-ups	29 Take a walk in your neighborhood or come work out at CHF. 40 minutes	30 14 burpees, 1:10 min plank, 30 crunches			