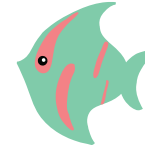





June 2023 Summer Word Workout Challenge



Spell out your workout for the day!

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				HOT	SAND	BIKING
4	5	6	7	8	9	10
BEACH	POOL PARTY	VACATION	POPSICLE	WATER PARK	SANDALS	RELAXATION
11	12	13	14	15	16	17
PICNIC	SUNSCREEN	BARBEQUE	SWIMSUIT	SUNSHINE	OCEAN	BOATING
18	19	20	21	22	23	24
FISHING	SNORKEL	SURFING	FLIP FLOPS	STARFISH	CAMPFIRES	WATERMELON
25	26	27	28	29	30	
LEMONADE	SWIMMING	KAYAKING	STRAWBERRIES	STARGAZING	SANDCASTLES	

- A - 10 crunches
- B - 10 jumping jacks
- C - 5 push-ups
- D - 5 squats
- E - 30-second wall sit
- F - 10 arm circles
- G - 10 mountain climbers
- H - 5 burpees
- I - 30-second plank
- J - 5 lateral raises
- K - 10 lunges (each leg)
- L - 10 crunches
- M - 10 high knees
- N - 10 tricep chair dips
- O - 10 bicep curls
- P - 10 lateral raises
- Q - 10 burpees
- R - 10 push-ups
- S - 45-second wall sit
- T - 10 front arm raises
- U - 45-second plank
- V - 15 mountain climbers
- W - 15 arm circles
- X - 15 jumping jacks
- Y - 15 crunches
- Z - 10 squats