



4 WEEK CHALLENGE

Start Date: _/_/____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 One set/day							Do what you want!
Week 2 Two sets/day	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14 Make it happen!
Week 3 Three sets/day	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21 Free Style!
Week 4 Four sets/day	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28 Challenge yourself and finish strong!

The Workout

- 20 Jumping Jacks
- 10 Push Ups
- 15 Squats
- 20 Crunches
- 30 Second Plank

The Goal

Complete this workout 6 days a week. Rest or challenge yourself to exercise in a different way on the 7th day.

Repeat the workout according to the week number (i.e. in Week 2 you will repeat the circuit twice, Week 3 repeat three times, etc.). Cross the day off after completing your workout.

The Commitment

Whether you repeat your sets all at once or space them throughout the day, commit to finishing this challenge. Even if you miss several days in a row, jump right back in...it will be so worth it in the end!

You
Got
This!

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