

TRAIN AT HOME PHYSICAL CHALLENGE ** WEEK 1

Mark off when you complete or record your numbers!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Took Class					
Did a Private Lesson					
Practiced My Form					
Worked on Technique Video					
30 Seconds Jumping Jacks					
30 Seconds Pushups					
30 Seconds Situps					
30 Seconds Burpees					
Stretch					
30 Front Kicks Each Leg					
30 Side Kicks Each Leg					
50 Round Kicks Each Leg					
Run in Place for 2 Minutes					