

90-DAY TROPHY CHALLENGE

90 JUMPING JACKS A DAY!

CHALLENGE BREAKDOWN:

DO 90 JUMPING JACKS EACH DAY,
BROKEN INTO THREE QUICK
SESSIONS OF 30:

- 10 JUMPING JACKS REACHING **ARMS UP**
- 10 JUMPING JACKS REACHING **ARMS OUT**
- 10 JUMPING JACKS REACHING **ARMS DOWN**

**BONUS: ADD 10 TROPHY TWISTS AT
THE END!**

TIPS:

- BREAK IT UP INTO THREE
SESSIONS OF 30 THROUGHOUT
THE DAY FOR FREQUENCY
MOMENTUM.
- CELEBRATE EACH TROPHY DAY
COMPLETED!
- STAY CONSISTENT AND WATCH
YOUR BODY AND ENERGY
TRANSFORM

TRACK YOUR 90-DAY
CHALLENGE HERE:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90