

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 notice how your body and energy feel.

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