

# JUNE 2019

| SUNDAY               | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|----------------------|--|--|--|--|--|---|
|                      |  |  |  |  |  | 1<br>30 seconds of squats and 5 lunges each leg   |
| 2<br><b>REST</b>     | 3<br>1 min. of jumping jacks and 10 push-ups               | 4<br>1 min. of jumping jacks and 10 push-ups               | 5<br>1 min. of jumping jacks and 10 push-ups               | 6<br>1 min. of jumping jacks and 10 push-ups               | 7<br>1 min. of jumping jacks and 10 push-ups               | 8<br>30 seconds of squats and 10 lunges each leg  |
| 9<br><b>REST</b>     | 10<br>1 min. of jumping jacks and 30 seconds of high knees | 11<br>1 min. of jumping jacks and 30 seconds of high knees | 12<br>1 min. of jumping jacks and 30 seconds of high knees | 13<br>1 min. of jumping jacks and 30 seconds of high knees | 14<br>1 min. of jumping jacks and 30 seconds of high knees | 15<br>30 seconds of squats and 15 lunges each leg |
| 16<br><b>REST</b>    | 17<br>1 min. of jumping jacks and 1 min. of high knees     | 18<br>1 min. of jumping jacks and 1 min. of high knees     | 19<br>1 min. of jumping jacks and 1 min. of high knees     | 20<br>1 min. of jumping jacks and 1 min. of high knees     | 21<br>1 min. of jumping jacks and 1 min. of high knees     | 22<br>30 seconds of squats and 20 lunges each leg |
| 23/30<br><b>REST</b> | 24<br>30 seconds of jumping jacks and 5 push-ups           | 25<br>30 seconds of jumping jacks and 5 push-ups           | 26   | 27   | 28   | 29  |

**HAVE A SAFE AND ACTIVE SUMMER!**

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