

September
2017



				<p>Do the best you can and have fun!</p>	<p>Ready, Set, GO!</p>	<p>Friday, Sept. 1 40 Second Plank 15 Triceps Dips 15 Mountain Climbers 3 Rounds</p>	<p>Saturday, Sept. 2 25 Jumping Jacks 15 Burpees 15 High Knees 3 Rounds</p>
<p>This week's goal: Aim for 7 hours of sleep each night.</p>	<p>Sunday, Sept. 3 25 Bridges 25 Squats 25 Lunges 3 Rounds</p>	<p>Monday, Sept. 4 REST or find a fun activity!</p>	<p>Tuesday, Sept. 5 50 Second Plank 20 Triceps Dips 20 Mountain Climbers 3 Rounds</p>	<p>Wednesday, Sept. 6 30 Jumping Jacks 20 Burpees 20 High Knees 3 Rounds</p>	<p>Thursday, Sept. 7 30 Bridges 30 Squats 30 Lunges 3 Rounds</p>	<p>Friday, Sept. 8 REST or find a fun activity!</p>	<p>Saturday, Sept. 9 60 Second Plank 25 Triceps Dips 15 Mountain Climbers 3 Rounds</p>
<p>This week's goal: Pick 3 yoga moves to complete before bed each night.</p>	<p>Sunday, Sept. 10 35 Jumping Jacks 20 Burpees 35 High Knees 3 Rounds</p>	<p>Monday, Sept. 11 10 Push-Ups 10 Bicycle Crunches 10 Second Wall Sit 3 Rounds</p>	<p>Tuesday, Sept. 12 10 Pile Squats 10 Scissors 10 Fire Hydrants 3 Rounds</p>	<p>Wednesday, Sept. 13 REST or find a fun activity!</p>	<p>Thursday, Sept. 14 10 Lateral Lunges 10 Curtsy Lunges 10 Forward Alternating Lunges 3 Rounds</p>	<p>Friday, Sept. 15 10 Push-Ups 10 Bicycle Crunches 10 Second Wall Sit 3 Rounds</p>	<p>Saturday, Sept. 16 10 Pile Squats 10 Scissors 10 Fire Hydrants 3 Rounds</p>
<p>This week's goal: Park in the farthest parking spot away from each of your destinations!</p>	<p>Sunday, Sept. 17 REST or find a fun activity!</p>	<p>Monday, Sept. 18 15 Push-Ups 15 Bicycle Crunches 15 Second Wall Sit 3 Rounds</p>	<p>Tuesday, Sept. 19 15 Pile Squats 15 Scissors 15 Fire Hydrants 3 Rounds</p>	<p>Wednesday, Sept. 20 15 Lateral Lunges 15 Curtsy Lunges 15 Forward Alternating Lunges 3 Rounds</p>	<p>Thursday, Sept. 21 REST or find a fun activity!</p>	<p>Friday, Sept. 22 15 Push-Ups 15 Bicycle Crunches 15 Second Wall Sit 3 Rounds</p>	<p>Saturday, Sept. 23 15 Pile Squats 15 Scissors 15 Fire Hydrants 3 Rounds</p>
<p>This week's goal: Pack your lunch every day.</p>	<p>Sunday, Sept. 24 REST or find a fun activity!</p>	<p>Monday, Sept. 25 "No Rope" Jump Rope Forward Jabs Jog in Place 30 sec each, 3 rounds</p>	<p>Tuesday, Sept. 26 30 High Knees 30 Second Boxing hooks 20 Jumping Jacks 3 Rounds</p>	<p>Wednesday, Sept. 27 REST or find a fun activity!</p>	<p>Thursday, Sept. 28 30 Second Plank 10 Mountain Climbers 10 Push-Ups 3 Rounds</p>	<p>Friday, Sept. 29 20 Jumping Jacks 10 Burpees 10 High Knees 3 Rounds</p>	<p>Saturday, Sept. 30 "No Rope" Jump Rope Forward Jabs Jog in Place 30 sec each, 3 rounds</p>