

WEEKLY WORKOUT CHALLENGE

AN ARROW CAN ONLY BE SHOT BY PULLING IT BACKWARD. WHEN LIFE IS DRAGGING YOU BACK WITH DIFFICULTIES, IT MEANS IT'S GOING TO LAUNCH YOU INTO SOMETHING GREAT. SO JUST FOCUS, AND KEEP AIMING.

WED-1

THUR-2

FRI-3

SAT-4

SUN-5

MON-6

TUES-7

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

Rest

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

Rest

**15 mins
Stretch**

**15 mins
Stretch**

**15 mins
Stretch**

**20 mins
Stretch**

**15 mins
Stretch**

**15 mins
Stretch**

**20 mins
Stretch**

**15 mins
Strength**

**15 mins
Strength**

**15 mins
Strength**

Rest

**15 mins
Strength**

**15 mins
Strength**

Rest

**15 mins
Balance**

**15 mins
Balance**

**15 mins
Balance**

**20 mins
Balance**

**15 mins
Balance**

**15 mins
Balance**

**20 mins
Balance**

Drink at least
40oz of water

Drink at least
40oz of water

Drink at least
40oz of water

Drink at least
40oz of water

Drink at least
40oz of water

Drink at least
40oz of water

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40oz of water