WEEKLY WORKOUT CHALLENGE

A SEASON OF ISOLATION IS WHEN THE CATERPILLAR GETS ITS WINGS. REMBER THIS THE NEXT TIME YOU ARE FEELING ALONE. TAKE THIS TIME TO GROW AND STRENGTHEN YOUR WINGS

WED-15	THUR-16	FRI-17	SAT-18	SUN-19	MON-20	TUES-21
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 56oz of water	Drink at least 56oz of water	Drink at least 56oz of water	Drink at least 56oz of water	Drink at least 56oz of water	Drink at least 56oz of water	Drink at least 56oz of water