

One Month Challenge

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Basic Strength</u> 37:40	<u>Cardio & Combos</u> 35:20	<u>Cardio Dynamic Stretching</u> 41:37	Rest!	<u>Full Body Strength</u> 40:00	<u>HIIT 4</u> 27:13	Rest!
<u>Ladder 2</u> 25:49	<u>Cardio Strength Core</u> 47:38	<u>10 Up 10 Down</u> 27:23	Rest!	<u>Fav Strength Heavy</u> 35:16	<u>Tabata Style</u> 40:17	Rest!
<u>Metabolic Bench</u> 41:45	<u>Bodyweight Intervals</u> 25:12	<u>Res Bands On the Beach</u> 49:14	Rest!	<u>Fav Strength Endurance</u> 53:17	<u>Gray's AMRAP</u> 14:28	Rest!
<u>Metabolic Intervals</u> 33:24	<u>Gray's 15</u> 27:23	<u>EMOM Strength Advanced</u> 46:37	Rest!	<u>Circuits 3</u> 30:00	<u>Full Body Strength</u> 40:00	Rest!