





'Beach Bod' June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1: AT LEAST <u>5</u> HOURS TOTAL CARDIO		 www.sistersdofoodandfitness.com	<i>Want to see results? Get moving and STAY ACTIVE!</i>			1 1 Set: 10 push-ups 20 sit-ups 20 squats 30 second plank
2 WEEK 2: AT LEAST <u>3</u> HOURS TOTAL CARDIO	3 2 Sets: 10 push-ups 20 bicycle crunches 20 squats 45 second plank	4 2 Sets: 10 push-ups 20 sit-ups 20 squats 45 second plank	5 2 Sets: 10 push-ups 20 bicycle crunches 20 squats 45 second plank	6 2 Sets: 10 push-ups 20 sit-ups 20 squats 45 second plank	7 2 Sets: 10 push-ups 20 bicycle crunches 20 squats 45 second plank	8 2 Sets: 10 push-ups 20 sit-ups 20 squats 45 second plank
9 WEEK 3: AT LEAST <u>3.5</u> HOURS TOTAL CARDIO	10 3 Sets: 10 push-ups 20 bicycle crunches 20 squats 60 second plank	11 3 Sets: 10 push-ups 20 sit-ups 20 squats 60 second plank	12 3 Sets: 10 push-ups 20 bicycle crunches 20 squats 60 second plank	13 3 Sets: 10 push-ups 20 sit-ups 20 squats 60 second plank	14 3 Sets: 10 push-ups 20 bicycle crunches 20 squats 60 second plank	15 3 Sets: 10 push-ups 20 sit-ups 20 squats 60 second plank
16 WEEK 4: AT LEAST <u>4</u> HOURS TOTAL CARDIO	17 4 Sets: 10 push-ups 20 bicycle crunches 20 squats 75 second plank	18 4 Sets: 10 push-ups 20 sit-ups 20 squats 75 second plank	19 4 Sets: 10 push-ups 20 bicycle crunches 20 squats 75 second plank	20 4 Sets: 10 push-ups 20 sit-ups 20 squats 75 second plank	21 4 Sets: 10 push-ups 20 bicycle crunches 20 squats 75 second plank	22 4 Sets: 10 push-ups 20 sit-ups 20 squats 75 second plank
23/30 WEEK 5: AT LEAST <u>4.5</u> HOURS TOTAL CARDIO	24 5 Sets: 10 push-ups 20 bicycle crunches 20 squats 90 second plank	25 5 Sets: 10 push-ups 20 sit-ups 20 squats 90 second plank	26 5 Sets: 10 push-ups 20 bicycle crunches 20 squats 90 second plank	27 5 Sets: 10 push-ups 20 sit-ups 20 squats 90 second plank	28 5 Sets: 10 push-ups 20 bicycle crunches 20 squats 90 second plank	29 5 Sets: 10 push-ups 20 sit-ups 20 squats 90 second plank

June Fitness Challenge: Lace up your tennis shoes... again!! There is a cardio goal every week on top of your daily challenges! Walking, biking, running, indoor cycling, elliptical, stairs, etc. all count towards your weekly cardio goal. You can break up your weekly cardio time into whatever works for your schedule. Let's get those heart rates up, burn some calories, and **get our 'beach bods' on** this month!