

the FRESH 180

21 DAY FITNESS CHALLENGE

1	2	3	4	5	6	7
25 JUMPING JACKS	35 JUMPING JACKS 10 LUNGES	50 JUMPING JACKS 10 LUNGES 5 PUSHUPS	REST	1 MINUTE RUN IN PLACE 10 PUSHUPS 10 SIT UPS	25 JUMPING JACKS 1 MINUTE RUN IN PLACE 10 PUSHUPS 10 SIT UPS	2 MINUTE RUN IN PLACE 15 PUSHUPS 15 SIT UPS
8	9	10	11	12	13	14
REST	50 JUMPING JACKS 15 PUSHUPS 20 SIT UPS 4 LUNGES	25 JUMPING JACKS 20 PUSHUPS 20 SIT UPS 8 LUNGES	20 PUSHUPS 20 SIT UPS 12 LUNGES	REST	2 MINUTE RUN IN PLACE 10 PUSHUPS 20 SIT UPS 8 LUNGES	2 MINUTE RUN IN PLACE 10 PUSHUPS 20 SIT UPS 8 LUNGES 2 BURPEES
15	16	17	18	19	20	21
10 PUSHUPS 20 SIT UPS 8 LUNGES 4 BURPEES	REST	3 MINUTE RUN IN PLACE 10 LUNGES 3 BURPEES	3 MINUTE RUN IN PLACE 10 LUNGES 5 BURPEES	3 MINUTE RUN IN PLACE 10 PUSHUPS 10 SITUPS 10 LUNGES 5 BURPEES	REST	TAKE IT OUTSIDE FOR A WALK OR BIKE RIDE OR HIKE CELEBRATE!