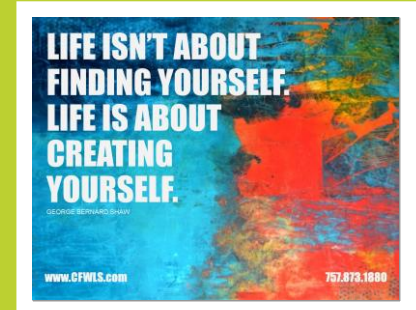


JUNE CARDIO CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
1 20 Minute Walk	2 2 min each Burpees Stairs Jacks	3 2 min each JumpRope SideLunge Bicycle Twists	4 2 min each HighKnees UpperCuts Kickbacks	5 2 min each FrontKicks Jacks Jog in Place	6 2 min each SideLunge Bicycle Twists Front Jabs	7 20 min Swim or Bike
8 25 Minute Walk	9 3 min each Burpees Stairs Jacks	10 3 min each FrontKicks Jacks Jog in Place	11 20 min Swim or Bike	12 3 min each JumpRope SideLunge Bicycle Twists	13 3 min each HighKnees UpperCuts Kickbacks	14 2 min each SideLunge Bicycle Twists Front Jabs
15 30 Minute Walk	16 4 min each Burpees Stairs Jacks	17 4 min each JumpRope SideLunge Bicycle Twists	18 4 min each HighKnees UpperCuts Kickbacks	19 2 min each SideLunge Bicycle Twists Front Jabs	20 4 min each FrontKicks Jacks Jog in Place	21 20 min Swim or Bike
22 35 Minute Walk	23 5 min each Burpees Stairs Jacks	24 5 min each FrontKicks Jacks Jog in Place	25 20 min Swim or Bike	26 5 min each JumpRope SideLunge Bicycle Twists	27 5 min each HighKnees UpperCuts Kickbacks	28 2 min each SideLunge Bicycle Twists Front Jabs
29 40 Minute Walk	30 6 min each Burpees Stairs Jacks					



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