

prairienaturals®

Strength Challenge

January
2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 1 <i>be</i> COMMITTED	2 20 squats 10 lunges	3 25 squats 15 lunges	4 25 squats 20 lunges	5 25 squats 25 lunges	6 25 squats 30 lunges	7 50 squats 15 lunges
8 50 squats 20 lunges	9 50 squats 25 lunges	10 50 squats 30 lunges	11 50 squats 35 lunges	12 50 squats 40 lunges	13 50 squats 45 lunges	14 75 squats 20 lunges
15 75 squats 25 lunges	16 75 squats 30 lunges	17 75 squats 35 lunges	18 75 squats 40 lunges	19 75 squats 45 lunges	20 75 squats 50 lunges	21 100 squats 30 lunges
22 100 squats 35 lunges	23 100 squats 40 lunges	24 100 squats 45 lunges	25 100 squats 50 lunges	26 100 squats 55 lunges	27 100 squats 60 lunges	28 125 squats 45 lunges
29 125 squats 50 lunges	30 125 squats 55 lunges	31 <i>be</i> EXCITED!	Feb 1	2	3	4