

prairienaturals®

Monthly Strength Challenge

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

