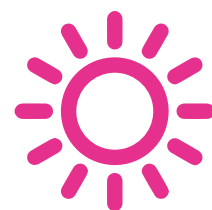


30-DAY FITNESS CHALLENGE

Fanatics



30-DAY FIT CHALLENGE JANUARY 2019

1 HAPPY NEW YEAR!!!	2 Jack: 10 Squat: 10 Plank: 10 PushUp: 3 Wall: 10	3 Jack: 15 Squat: 15 Plank: 15 PushUp: 4 Wall: 15	4 Jack: 15 Squat: 15 Plank: 15 PushUp: 5 Wall: 15	5 REST
6 Jack: 20 Squat: 20 Plank: 20 PushUp: 6 Wall: 20	7 Jack: 20 Squat: 20 Plank: 20 PushUp: 7 Wall: 20	8 Jack: 25 Squat: 25 Plank: 25 PushUp: 8 Wall: 25	9 Jack: 25 Squat: 25 Plank: 25 PushUp: 9 Wall: 25	10 REST
11 Jack: 30 Squat: 30 Plank: 30 Push: 10 Wall: 30	12 Jack: 30 Squat: 30 Plank: 30 Push: 11 Wall: 30	13 Jack: 35 Squat: 35 Plank: 35 Push: 12 Wall: 35	14 Jack: 35 Squat: 35 Plank: 35 Push: 13 Wall: 35	15 REST
16 Jack: 40 Squat: 40 Plank: 40 Push: 14 Wall: 40	17 Jack: 40 Squat: 40 Plank: 40 Push: 15 Wall: 40	18 Jack: 45 Squat: 45 Plank: 45 Push: 16 Wall: 45	19 Jack: 45 Squat: 45 Plank: 45 Push: 17 Wall: 45	20 REST
21 Jack: 50 Squat: 50 Plank: 50 Push: 18 Wall: 50	22 Jack: 50 Squat: 50 Plank: 50 Push: 19 Wall: 50	23 Jack: 55 Squat: 55 Plank: 55 Push: 20 Wall: 55	24 Jack: 55 Squat: 55 Plank: 55 Push: 21 Wall: 55	25 REST
26 Jack: 60 Squat: 60 Plank: 60 Push: 22 Wall: 60	27 Jack: 60 Squat: 60 Plank: 60 Push: 23 Wall: 60	28 Jack: 65 Squat: 65 Plank: 65 Push: 24 Wall: 65	29 Jack: 65 Squat: 65 Plank: 65 Push: 25 Wall: 65	30 Jack: 70 Squat: 70 Plank: 70 Push: 25 Wall: 70