Name:

Summer 13 Week Challenge

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	Total
Exercise								
Push Ups								
Sit Ups								
Air Squats								
Tricep Dips								
Hip Thrust								
Pull Ups								
Jump Rope								
Lunges								
Burpees								
V-ups								
Pistols								
Windshield								
HSP								

Round Kick							
Kick							
Air							
Kick							
Air							
Kick							
Air							
Kick							
Air							
Kick							
Air							
Kick							
Air							
Kick							