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| January  21 Day Challenge |  |
|  | 2020 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
| ***Cardio options:***  *-Walk/Jog or Run*  *-Cycle (gym or at home bike)*  *-Elliptical or Row* | *Plank and Push up Challenge for 21 days* | ***Strength*** *can be done at home or a gym. You need dumbbells and a band. (target or amazon)* | **20 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 10 | **Leg day**  -Lunges 2x20 in place  -Squats 2x20  -Walking lunges 2x20  -Squat jumps 2x15  -2 planks x 1 minute |  | **30 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 10 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| **Flexibility: 25 minutes**  Choices are Yoga or Pilates  Take a class at a gym OR find a YouTube routine | **20 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 15 | **Leg Day**  -Lunges 2x20 in place  -Squats 2x20  -Walking lunges 2x20  -Squat jumps 2x15  -2 planks x 1 minute | **20 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 15 | **Strength: Dumbbells**  -Chest/Back Fly 2x20 reps  -Shoulder Press: 2x20 reps  -Bicep Curls:2x20 reps  -Tricep Dips: 2x20 reps  -Plank: 2x 1 minute  -Burpees: 2x10 reps |  | **30 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 15 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| **Flexibility: 25 minutes**  Choices are Yoga or Pilates  Take a class at a gym OR find a YouTube routine |  | **25 minutes of intervals**  -5 minute Warm up  -1 minute hard 1 minute easy for 20 minutes  -2 sets of plank x 1 min  -2 sets of push-ups x 15 | **Strength: Dumbbells**  -Chest/Back Fly 2x20 reps  -Shoulder Press: 2x20 reps  -Bicep Curls:2x20 reps  -Tricep Dips: 2x20 reps  -Plank: 2x 1 minute  -Burpees: 2x10 reps | **20 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 15 | **Leg Day**  -Lunges 2x20 in place  -Squats 2x20  -Walking lunges 2x20  -Squat jumps 2x15  -2 planks x 1 minute | **30 minutes of Cardio**  -2 sets of plank x 1 min  -2 sets of push-ups x 20 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| **Flexibility: 25 minutes**  Choices are Yoga or Pilates  Take a class at a gym OR find a YouTube routine | **25 minutes of intervals**  -5 minute Warm up  -1 minute hard 1 minute easy for 20 minutes  -2 sets of plank x 1 min  -2 sets of push-ups x 15 | **Strength: Dumbbells**  -Chest/Back Fly 2x20 reps  -Shoulder Press: 2x20 reps  -Bicep Curls:2x20 reps  -Tricep Dips: 2x20 reps  -Plank: 2x 1 minute  -Burpees: 2x10 reps |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
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