

December 2016 Monthly Challenge Options

- Option 1: Complete the "A Very Merry 30-Day Workout" for the month of December 2016. Optional modification: Complete half of the daily requirements.

the SISTERHOOD OF the Shrinking jeans PRESENTS: *A Very Merry*
30-DAY WORKOUT
Shrinkingjeans.net

level 1: 1 set/day
level 2: 2 sets/day
level 3: 3 sets/day



Day 1: 30 sec plank	Day 11: 45 crunches	Day 21: 20 leg drops
Day 2: 10 pushups	Day 12: 20 burpees	Day 22: 50 squats
Day 3: 30 crunches	Day 13: 15 leg drops	Day 23: 100 jumping jacks
Day 4: 10 burpees	Day 14: 40 squats	Day 24: 40 mountain climbers
Day 5: 10 leg drops	Day 15: 75 jumping jacks	Day 25: 2 minute plank
Day 6: 20 squats	Day 16: 30 mountain climbers	Day 26: 40 pushups
Day 7: 50 jumping jacks	Day 17: 1 min 30 sec plank	Day 27: 80 crunches
Day 8: 20 mountain climbers	Day 18: 30 pushups	Day 28: 40 burpees
Day 9: 1 minute plank	Day 19: 60 crunches	Day 29: 30 leg drops
Day 10: 20 pushups	Day 20: 30 burpees	Day 30: 75 squats

FOR the PW Wellness Challenge, go to: <http://shrinkingjeans.net/2014/11/wellness-challenge>

- Option 2: Volunteer at least one hour of your time each week for the month of December 2016 to help someone in need.



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!