

July 2016 Monthly Challenge Options

- Complete a family exercise activity outside, at least weekly, for the month of July 2016



- Complete the Body Basics Challenge moves, one time through each day of the week, all four weeks of July 2016.

Body Basics Challenge
Complete the moves one time through each day of the week for 4 weeks.

Monday	Tuesday	Wednesday	
5 push ups	10 push ups	15 push ups	
5 tricep dips	10 tricep dips	15 tricep dips	
5 squats	10 squats	15 squats	
5 calf raises	10 calf raises	15 calf raises	
10 sec plank	20 sec plank	30 sec plank	
10 crunches	20 crunches	30 crunches	
Thursday	Friday	Saturday	Sunday
20 push ups	25 push ups	30 push ups	Rest
20 tricep dips	25 tricep dips	30 tricep dips	
20 squats	25 squats	30 squats	
20 calf raises	25 calf raises	30 calf raises	
40 sec plank	50 sec plank	60 sec plank	
40 crunches	50 crunches	60 crunches	

wreckingroutine.com

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