



Teen/Adults

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Push-ups (30-50)

Sit-ups (30-50)

Form (4)

Acts of Kindness (5-8)

Bonus Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push-ups (30-50)							
Sit-ups (30-50)							
Form (4)							
Acts of Kindness (5-8)							
Bonus Challenge							

*Daily videos, including Bonus Challenges, can be found on WhatsApp.