



Young Dragons

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Push-ups (20-30)

Sit-ups (20-30)

Form (3)

Acts of Kindness (3-5)

Bonus Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push-ups (20-30)							
Sit-ups (20-30)							
Form (3)							
Acts of Kindness (3-5)							
Bonus Challenge							

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