



# Shape Up for Christmas

## Workout Challenge

Jumping Jacks- 50

Squats- 20

Mountain Climbers- 20

Crunches- 50

Burpees- 20

Lunges- 20 each leg

Push Ups- 15

Plank- 30 seconds

\*Repeat 2 to 3x

Day 1 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 2 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 3 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 4 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 5 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 6 Rest Day Daily Water <input type="checkbox"/>	Day 7 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>
Day 8 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 9 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 10 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 11 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 12 Rest Day Daily Water <input type="checkbox"/>	Day 13 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 14 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>
Day 15 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 16 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 17 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 18 Rest Day Daily Water <input type="checkbox"/>	Day 19 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 20 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 21 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>
Day 22 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 23 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 24 Rest Day Daily Water <input type="checkbox"/>	Day 25 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 26 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 27 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 28 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>
Day 29 Workout <input type="checkbox"/> Daily Water <input type="checkbox"/>	Day 30 Rest Day Daily Water <input type="checkbox"/>					