

Body 14 DAY CHALLENGE



MONDAY

10 Press Ups
10 Squats
10 Lunges
10 Ab Curls
10 Jumping Jacks

5 Min Walk Outside or
Indoor March

TUESDAY

20 Push up
20 Squats
20 Lunges
20 Ab Curls
20 Jumping Jacks

WEDNESDAY

20 Press Ups
20 Squats
20 Lunges
20 Ab Curls
20 Jumping Jacks

10 Min Walk Outside or
Indoor March

THURSDAY

30 Press Ups
30 Squats
30 Lunges
30 Ab Curls
30 Jumping Jacks

FRIDAY

30 Press Ups
30 Squats
30 Lunges
30 Ab Curls
30 Jumping Jacks

15 Min Walk Outside or
Indoor March

SATURDAY/SUNDAY

20-30 Min Walk
Outside or Indoor
Marching

