

THE #CHEERFITSTRONG CHALLENGE

31 DAY MAY ARM CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5 INCHWORM PUSHUPS 5 BURPEES 5 PLANK LEG KICK 5 MOUNTAIN CLIMBERS	2 5 INCHWORM PUSHUPS 5 BURPEES 5 PLANK LEG KICK 5 MOUNTAIN CLIMBERS	3 5 INCHWORM PUSHUPS 5 BURPEES 5 PLANK LEG KICK 5 MOUNTAIN CLIMBERS	4 5 INCHWORM PUSHUPS 5 BURPEES 5 PLANK LEG KICK 5 MOUNTAIN CLIMBERS	5 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many PLANK JACKS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
6 CHEERFIT BOOTCAMP DAY  WWW.CHEERFITTRAINING.COM/STORE	7 10 INCHWORM PUSHUPS 10 BURPEES 10 PLANK LEG KICK 10 MOUNTAIN CLIMBERS	8 10 INCHWORM PUSHUPS 10 BURPEES 10 PLANK LEG KICK 10 MOUNTAIN CLIMBERS	9 10 INCHWORM PUSHUPS 10 BURPEES 10 PLANK LEG KICK 10 MOUNTAIN CLIMBERS	10 10 INCHWORM PUSHUPS 10 BURPEES 10 PLANK LEG KICK 10 MOUNTAIN CLIMBERS	11 10 INCHWORM PUSHUPS 10 BURPEES 10 PLANK LEG KICK 10 MOUNTAIN CLIMBERS	12 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many TRICEP PUSHUPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge

13 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STO RE	14 15 INCHWORM PUSHUPS 15 BURPEES 15 PLANK LEG KICK 15 MOUNTAIN CLIMBERS	15 15 INCHWORM PUSHUPS 15 BURPEES 15 PLANK LEG KICK 15 MOUNTAIN CLIMBERS	16 15 INCHWORM PUSHUPS 15 BURPEES 15 PLANK LEG KICK 15 MOUNTAIN CLIMBERS	17 15 INCHWORM PUSHUPS 15 BURPEES 15 PLANK LEG KICK 15 MOUNTAIN CLIMBERS	18 15 INCHWORM PUSHUPS 15 BURPEES 15 PLANK LEG KICK 15 MOUNTAIN CLIMBERS	19 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many TRICEP DIPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
20 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STO RE	21 20 INCHWORM PUSHUPS 20 BURPEES 20 PLANK LEG KICK 20 MOUNTAIN CLIMBERS	22 20 INCHWORM PUSHUPS 20 BURPEES 20 PLANK LEG KICK 20 MOUNTAIN CLIMBERS	23 20 INCHWORM PUSHUPS 20 BURPEES 20 PLANK LEG KICK 20 MOUNTAIN CLIMBERS	24 20 INCHWORM PUSHUPS 20 BURPEES 20 PLANK LEG KICK 20 MOUNTAIN CLIMBERS	25 20 INCHWORM PUSHUPS 20 BURPEES 20 PLANK LEG KICK 20 MOUNTAIN CLIMBERS	26 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many MONKEY JUMPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
27 CHEERFIT BOOTCAMP DAY	28 25 INCHWORM PUSHUPS 25 BURPEES 25 PLANK LEG KICK 25 MOUNTAIN CLIMBERS	29 25 INCHWORM PUSHUPS 25 BURPEES 25 PLANK LEG KICK 25 MOUNTAIN CLIMBERS	30 25 INCHWORM PUSHUPS 25 BURPEES 25 PLANK LEG KICK 25 MOUNTAIN CLIMBERS	31 25 INCHWORM PUSHUPS 25 BURPEES 25 PLANK LEG KICK 25 MOUNTAIN CLIMBERS		



WWW.
CHEERFITTRAINING.COM/STO
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CONGRATS ON GETTING CHEERFITSTRONG!

