

THE #CHEERFITCHALLENGE

30 DAY PLANK CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 20 LEFT PLANK HOLD 20 PLANK JACKS 20 RIGHT PLANK HOLD 20 PLANK HOLD	2 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many MOUNTAIN CLIMBERS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
3 CHEERFIT BOOTCAMP DAY  WWW.CHEERFITTRAINING.COM/STORE	4 30 LEFT PLANK HOLD 30 PLANK JACKS 30 RIGHT PLANK HOLD 30 PLANK HOLD	5 30 LEFT PLANK HOLD 30 PLANK JACKS 30 RIGHT PLANK HOLD 30 PLANK HOLD	6 30 LEFT PLANK HOLD 30 PLANK JACKS 30 RIGHT PLANK HOLD 30 PLANK HOLD	7 30 LEFT PLANK HOLD 30 PLANK JACKS 30 RIGHT PLANK HOLD 30 PLANK HOLD	8 30 LEFT PLANK HOLD 30 PLANK JACKS 30 RIGHT PLANK HOLD 30 PLANK HOLD	9 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many PLANK LEG KICKS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge

10 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STO RE	11 40 LEFT PLANK HOLD 40 PLANK JACKS 40 RIGHT PLANK HOLD 40 PLANK HOLD	12 40 LEFT PLANK HOLD 40 PLANK JACKS 40 RIGHT PLANK HOLD 40 PLANK HOLD	13 40 LEFT PLANK HOLD 40 PLANK JACKS 40 RIGHT PLANK HOLD 40 PLANK HOLD	14 40 LEFT PLANK HOLD 40 PLANK JACKS 40 RIGHT PLANK HOLD 40 PLANK HOLD	15 40 LEFT PLANK HOLD 40 PLANK JACKS 40 RIGHT PLANK HOLD 40 PLANK HOLD	16 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many PLANK PUSH UPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
17 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STO RE	18 50 LEFT PLANK HOLD 50 PLANK JACKS 50 RIGHT PLANK HOLD 50 PLANK HOLD	19 50 LEFT PLANK HOLD 50 PLANK JACKS 50 RIGHT PLANK HOLD 50 PLANK HOLD	20 50 LEFT PLANK HOLD 50 PLANK JACKS 50 RIGHT PLANK HOLD 50 PLANK HOLD	21 50 LEFT PLANK HOLD 50 PLANK JACKS 50 RIGHT PLANK HOLD 50 PLANK HOLD STAY TUNED FOR SPECIAL ANNOUNCEMENT! :)	22 50 LEFT PLANK HOLD 50 PLANK JACKS 50 RIGHT PLANK HOLD 50 PLANK HOLD	23 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many MONKEY JUMPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
24 CHEERFIT BOOTCAMP DAY	25 60 LEFT PLANK HOLD 60 PLANK JACKS 60 RIGHT PLANK HOLD 60 PLANK HOLD	26 60 LEFT PLANK HOLD 60 PLANK JACKS 60 RIGHT PLANK HOLD 60 PLANK HOLD	27 60 LEFT PLANK HOLD 60 PLANK JACKS 60 RIGHT PLANK HOLD 60 PLANK HOLD	28 60 LEFT PLANK HOLD 60 PLANK JACKS 60 RIGHT PLANK HOLD 60 PLANK HOLD	29 60 LEFT PLANK HOLD 60 PLANK JACKS 60 RIGHT PLANK HOLD 60 PLANK HOLD	30 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many



WWW.
CHEERFITTRAINING.COM/STO
RE

**INCHWORM
PUSHUPS** can you do
in 60 seconds?

Share your results
@cheerfittraining
#cheerfitchallenge

CONGRATS ON GETTING CHEERFITSTRONG!

