

# HARDWORX 40 DAYS OF EXERCISE

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CAN YOU GIVE UP 40 DAYS OF LAZINESS? TAKE THE CHALLENGE!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technically, Lent is until the 17th. I encourage you to continue the daily challenge for as long as you are able. Because there are no actual rest days, some daily challenges will be low impact or less intense. This Challenge is designed for those who are healthy enough to exercise. Please consult your physician before beginning any new physical exercise program. Participate at your own risk. (c) 2014 HardWorx			<b>5 MARCH</b> 20 Leg Raises 20 Sit Ups 20 Mtn Climbers	<b>6</b> 20 Lunges 20 Squats 20 Jumping Jacks	<b>7</b> 20 Dips 20 Push Ups 20 Kettlebell Swings	<b>8</b> 20 Burpees 20 Box Jumps 20 Squat Jumps
<b>9</b> 15 Minute Jog	<b>10</b> 15 Bicep Curls 15 Upright Rows 15 Hammer Curls	<b>11</b> 15 Flat Bench Flies 15 Bent Over Rows 15 Renegade Rows	<b>12</b> 15 Leg Raises 15 Sit Ups 15 Mtn Climbers	<b>13</b> 15 Lunges 15 Squats 15 Jumping Jacks	<b>14</b> 15 Dips 15 Push Ups 15 Kettlebell Swings	<b>15</b> 15 Burpees 15 Box Jumps 15 Squat Jumps
<b>16</b> 25 Minute Jog	<b>17</b> 25 Bicep Curls 25 Upright Rows 25 Hammer Curls	<b>18</b> 25 Flat Bench Flies 25 Bent Over Rows 25 Renegade Rows	<b>19</b> 25 Leg Raises 25 Sit Ups 25 Mtn Climbers	<b>20</b> 25 Lunges 25 Squats 25 Jumping Jacks	<b>21</b> 25 Dips 25 Push Ups 25 Kettlebell Swings	<b>22</b> 25 Burpees 25 Box Jumps 25 Squat Jumps
<b>23</b> 20 Minute Jog	<b>24</b> 20 Bicep Curls 20 Upright Rows 20 Hammer Curls	<b>25</b> 20 Flat Bench Flies 20 Bent Over Rows 20 Renegade Rows	<b>26</b> 20 Leg Raises 20 Sit Ups 20 Mtn Climbers	<b>27</b> 20 Lunges 20 Squats 20 Jumping Jacks	<b>28</b> 20 Dips 20 Push Ups 20 Kettlebell Swings	<b>29</b> 20 Burpees 20 Box Jumps 20 Squat Jumps
<b>30</b> 30 Minute Jog	<b>31</b> 30 Bicep Curls 30 Upright Rows 30 Hammer Curls	<b>1 APRIL</b> 30 Flat Bench Flies 30 Bent Over Rows 30 Renegade Rows	<b>2</b> 30 Leg Raises 30 Sit Ups 30 Mtn Climbers	<b>3</b> 30 Lunges 30 Squats 30 Jumping Jacks	<b>4</b> 30 Dips 30 Push Ups 30 Kettlebell Swings	<b>5</b> 30 Burpees 30 Box Jumps 30 Squat Jumps
<b>6</b> 25 Minute Jog	<b>7</b> 25 Bicep Curls 25 Upright Rows 25 Hammer Curls	<b>8</b> 25 Flat Bench Flies 25 Bent Over Rows 25 Renegade Rows	<b>9</b> 25 Leg Raises 25 Sit Ups 25 Mtn Climbers	<b>10</b> 25 Lunges 25 Squats 25 Jumping Jacks	<b>11</b> 25 Dips 25 Push Ups 25 Kettlebell Swings	<b>12</b> 25 Burpees 25 Box Jumps 25 Squat Jumps
<b>13</b> 35 Minute Jog	<p>For more <b>motivation</b> in health, fitness and nutrition, like our Facebook page. <a href="https://www.facebook.com/HardWorx247">facebook/HardWorx247</a></p>					