

SB Stretch - Shoulder Blade Stretch

SH - Shoulder Shrug

CC Arm - Crisscross

June 2017

Beginner workout challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
You got this!				1 10 Sh. Shrug 10 Elbow Circle 10 Ankle Rolls	2 10 CC Arm 10 Toe Reach 10 SB Stretch	3 12 Sh. Shrug 12 Elbow Circle 12 Ankle Rolls
4 Rest	5 12 CC Arm 12 Toe Reach 12 SB Stretch	6 15 Sh. Shrug 15 Elbow Circle 15 Ankle Rolls	7 15 CC Arm 15 Toe Reach 15 SB Stretch	8 17 Sh. Shrug 17 Elbow Circle 17 Ankle Rolls	9 17 CC Arm 17 Toe Reach 17 SB Stretch	10 20 Sh. Shrug 20 Elbow Circle 20 Ankle Rolls
11 Rest	12 20 CC Arm 20 Toe Reach 20 SB Stretch	13 22 Sh. Shrug 22 Elbow Circle 22 Ankle Rolls	14 22 CC Arm 22 Toe Reach 22 SB Stretch	15 25 Sh. Shrug 25 Elbow Circle 25 Ankle Rolls	16 25 CC Arm 25 Toe Reach 25 SB Stretch	17 30 Sh. Shrug 30 Elbow Circle 30 Ankle Rolls
18 Happy Father's Day	19 30 CC Arm 30 Toe Reach 30 SB Stretch	20 33 Sh. Shrug 33 Elbow Circle 33 Ankle Rolls	21 33 CC Arm 33 Toe Reach 33 SB Stretch	22 35 Sh. Shrug 35 Elbow Circle 35 Ankle Rolls	23 35 CC Arm 35 Toe Reach 35 SB Stretch	24 38 Sh. Shrug 38 Elbow Circle 38 Ankle Rolls
25 Rest	26 38 CC Arm 38 Toe Reach 38 SB Stretch	27 40 Sh. Shrug 40 Elbow Circle 40 Ankle Rolls	28 40 CC Arm 40 Toe Reach 40 SB Stretch	29 40 Sh. Shrug 40 Elbow Circle 40 Ankle Rolls	30 40 CC Arm 40 Toe Reach 40 SB Stretch	AWESOME! You Did It

Stay Strong