

# June Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Planks - :45 Each</b> <b>3 Sets Daily</b>	<b>1</b> 15 Superman 10 Renegade Row 20 Windshield Wipers Forearm Plank	<b>2</b> 10 Lunges 20 Shoulder Presses 15 Oblique Crunches Forearm Side Plank	<b>3</b> 20 Superman 15 Renegade Row 25 Windshield Wipers Extended Arm Plank	<b>4</b> 15 Lunges 15 Shoudler Presses 20 Oblique Crunches High Side Plank	<b>5</b> 25 Superman 20 Renegade Row 30 Windshield Wipers Low Plank with Knee Taps	<b>6</b> 20 Lunges 20 Shoulder Presses 25 Oblique Crunches High Plank Shoulder Ta	
	<b>7</b> 30 Superman 25 Renegade Row 35 Windshield Wipers Plank Up and Downs	<b>8</b> 25 Lunges 25 Shoulder Presses 30 Oblique Crunches Plank - Nail the Basics	<b>9</b> 35 Superman 30 Renegade Row 40 Windshield Wipers Plank-Tricep Push-ups	<b>10</b> 30 Lunges 30 Shoulder Presses 35 Oblique Crunches Plank-Low with Hip Dips	<b>11</b> 40 Superman 35 Renegade Row 45 Windshield Wipers Plank-Jacks	<b>12</b> 35 Lunges 35 Shoulder Presses 40 Oblique Crunches Plank-Low with Hip Dips	<b>13</b> 45 Superman 40 Renegade Row 50 Windhseild Wipers Plank-High Knee to Opposite Elbow
<b>14</b> 40 Lunges 40 Shoulder Presses 45 Oblique Crunches Plank-Low Knee to Same Elbow	<b>15</b> 50 Superman 45 Renegade Row 55 Windshield Wipers Plank-Boost Heart Rate	<b>16</b> 45 Lunges 45 Shoulder Presses 50 Oblique Crunches Plank-Wide Grip Push-Ups	<b>17</b> 55 Superman 50 Renegade Row 60 Windshield Wipers Plank-Crouching Panther Plank	<b>18</b> 50 Lunges 50 Shoudler Presses 55 Oblique Crunches Plank-Low Side, Rotate, Lift Leg	<b>19</b> 60 Superman 55 Renegade Row 65 Windshield Wipers Plank-High Plank Reach	<b>20</b> 55 Lunges 55 Shoulder Presses 60 Oblique Crunches Plank-High Side, Hip Dip, Leg Lift	
<b>21</b> 65 Superman 60 Renegade Row 70 Windshield Wipers Plank-Moving Lateral Panther Plank	<b>22</b> 60 Lunges 60 Shoulder Presses 65 Oblique Crunches Plank-Step Up Your Side	<b>23</b> 70 Superman 65 Renegade Row 75 Windshield Wipers Plank-Tricep Push-Up with Rotation	<b>24</b> 65 Lunges 65 Shoulder Presses 70 Oblique Crunches Plank-Towel Plank Rows	<b>25</b> 75 Superman 70 Renegade Row 80 Windhseild Wipers Plank-High Side, Plank Thread/Leg Lift	<b>26</b> 70 Lunges 70 Shoulder Presses 75 Oblique Crunches Plank-Towel Plank Army Crawls	<b>27</b> 80 Superman 75 Renegade Row 85 Windshield Wipers Plank-High Side / Crunch / Toe Tap	
<b>28</b> 75 Lunges 75 Shoulder Presses 80 Oblique Crunches Plank-Towel One- Legged High Plank Pull	<b>29</b> 85 Superman 80 Renegade Row 90 Windshield Wipers Plank-Get A Move On	<b>30</b> 80 Lunges 80 Shoulder Presses 85 Oblique Crunches Plank-Crouching Tiger Push-Ups					



Superman



Renegade Row



Windshield Wipers



Lunges



Shoulder Presses



Oblique Crunches