

♥ February Fitness Challenge ♥

www.purimoon.com/monthlyfitness

There are many variations of lunges and squats, so choose the one that fits your fitness goals. I prefer to switch off between forward and backward lunges, and I just stick to the basic squat at this time.

Basically the challenge is to have fun, so choose the variation of the move that fits your level, and needs. But most importantly have fun!

***Lunges and Mtn Climbers number should be done with each leg.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 Lunges 10 Squats 20 High Knees 10 Jumping Jacks 15 Sec Plank	2 11 Lunges 11 Squats 8 Pushups 8 Tricep Dips 15 Sec Plank	3 12 Lunges 12 Squats 8 Burpees 10 Mtn Climbers 20 Sec Plank
4 11 Lunges 11 Squats 8 Pushups 8 Tricep Dips 15 Sec Plank	5 Active Rest Day Light Yoga 30 Min Walk	6 14 Lunges 14 Squats 25 High Knees 20 Jumping Jacks 25 Sec Plank	7 15 Lunges 15 Squats 10 Pushups 10 Tricep Dips 25 Sec Plank	8 16 Lunges 16 Squats 9 Burpees 12 Mtn Climbers 30 Sec Plank	9 17 Lunges 17 Squats 12 Pushups 12 Tricep Dips 30 Sec Plank	10 Active Rest Day Light Yoga 30 Min Walk
11 18 Lunges 18 Squats 30 High Knees 30 Jumping Jacks 35 Sec Plank	12 19 Lunges 19 Squats 10 Pushups 14 Tricep Dips 35 Sec Plank	13 20 Lunges 20 Squats 10 Burpees 15 Mtn Climbers 40 Sec Plank	14 21 Lunges 21 Squats 12 Pushups 16 Tricep Dips 40 Sec Plank	15 Active Rest Day Light Yoga 30 Min Walk	16 22 Lunges 22 Squats 35 High Knees 20 Jumping Jacks 45 Sec Plank	17 23 Lunges 23 Squats 12 Pushups 18 Tricep Dips 45 Sec Plank
18 24 Lunges 24 Squats 12 Burpees 18 Mtn Climbers 50 Sec Plank	19 25 Lunges 25 Squats 14 Pushups 20 Tricep Dips 50 Sec Plank	20 Active Rest Day Light Yoga 30 Min Walk	21 26 Lunges 26 Squats 40 High Knees 20 Jumping Jacks 55 Sec Plank	22 27 Lunges 27 Squats 14 Pushups 18 Tricep Dips 55 Sec Plank	23 28 Lunges 28 Squats 13 Burpees 21 Mtn Climbers 60 Sec Plank	24 29 Lunges 29 Squats 16 Pushups 20 Tricep Dips 60 Sec Plank
25 Active Rest Day Light Yoga 30 Min Walk	26 30 Lunges 30 Squats 45 High Knees 30 Jumping Jacks 65 Sec Plank	27 31 Lunges 31 Squats 16 Pushups 20 Tricep Dips 65 Sec Plank	28 32 Lunges 32 Squats 14 Burpees 24 Mtn Climbers 65 Sec Plank			