

# Simply(Challenge) 28 days to Spring

simply (FIT)

## Week 1-4

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
21	22	23	24	25	26	27
1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank	1.5 miles 30 push-ups 30 sec. plank

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
28	March 1	2	3	4	5	6
2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips	2 miles 40 push-up 45 sec. plank 30 tri-cep dips

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
7	8	9	10	11	12	13
2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees	2.5 miles 50 push-ups 1 min. plank 40 tri-cep dips 10 burpees

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
14	15	16	17	18	19	Spring! 20
3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees	Last day of challenge! Look at you now! 3 miles 60 push-ups 1min. 30 sec. plank 50 tri-cep dips 20 burpees