

# SEPTEMBER

## Strength Challenge

		1 20 pushups	2 20 squats	3 20 burpees	4 20 situps	5 25 pushups
6 REST!	7 25 squats	8 20 burpees	9 25 situps	10 30 pushups	11 30 squats	12 20 burpees
13 REST!	14 30 situps	15 35 pushups	16 35 squats	17 25 burpees	18 35 situps	19 40 pushups
20 REST!	21 40 squats	22 25 burpees	23 40 situps	24 45 pushups	25 45 squats	26 30 burpees
27 REST!	28 45 situps	29 50 pushups	30 50 squats			

The goal this month is to work these exercises into your daily routine! Do them all at once, or a few at a time throughout the day...just get them done and post when you finish!