



# JULY

## FITNESS CHALLENGE

Complete 1 or more exercises per group  
3 or more times per week  
Break up repetitions as needed

### LEVEL 1

10-20 push ups  
10-20 squats  
Walk 30 minutes  
50-100 Jumping Jacks

### EXTRA CREDIT

Walk 10,000 steps

### LEVEL 2

25-50 push ups  
25-50 squats  
Walk 10,000 steps  
15-25 Jump squats

### EXTRA CREDIT

Run minimum 2 miles

### LEVEL 3

50 Hand release push ups  
50 Jump squats  
Run minimum 2 miles  
30 Burpees

### EXTRA CREDIT

50 Box Jumps

