



15 Day Challenge

31 Jan - 14 Feb 2016

Day	Challenge	Number of Repetitions	Other Activities
1	15 Jumping Jacks		
2	15 Crunches		
3	15 Push-Ups		
4	15 Squats or Lunges		
5	15 Leg Lifts		
6	15 Jumping Jacks		
7	15 Crunches		
8	15 Push-Ups		
9	15 Squats or Lunges		
10	15 Leg Lifts		
11	15 Jumping Jacks		
12	15 Crunches		
13	15 Push-Ups		
14	15 Squats or Lunges		
15	15 Leg Lifts		

How 'bout we test our momentum? Yes, let's get to it..