FABULOUS 50 MAY 2017

ARE YOU UP FOR THE CHALLENGE?

	1 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	2 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	3 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	4 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	5 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	6 REST
7 REST	8 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	9 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	10 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	11 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	12 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	13 REST
14 REST	15 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	16 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	17 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	18 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	19 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	20 REST
21 REST	22 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	23 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	24 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	25 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	26 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	27 REST
28 REST	29 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	30 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees	31 ❑ 10 squats ❑ 10 box jumps ❑ 10 push-ups ❑ 10 sit-ups ❑ 10 burpees			

BEGINNERS: 1X DAILY FOR EACH EXERCISE

INTERMEDIATE: 2X DAILY FOR EACH EXERCISE

ADVANCED: 3X DAILY FOR EACH EXERCISE