

# WEEK 6 CHALLENGE



@CHLOEPUFFTRAINING

MON	TUE	WED	THU	FRI	SAT	SUN
50 jumping jacks 5 pushups 5 burpees 20 squats :30 plank	2x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	15 min cardio (walk, jog, dancing, etc)	(2x repeat) :30 side plank L :30 side plank R :30 inverse plank :30 bear plank :30 elbow plank	15 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	15 min cardio (walk, jog, dancing, etc)
60 jumping jacks 10 pushups 7 burpees 30 squats :40 plank	3x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	20 min cardio (walk, jog, dancing, etc)	(2x repeat) :40 side plank L :40 side plank R :40 inverse plank :40 bear plank :40 elbow plank	20 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	20 min cardio (walk, jog, dancing, etc)
70 jumping jacks 15 pushups 10 burpees 40 squats :50 plank	4x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	25 min cardio (walk, jog, dancing, etc)	(3x repeat) :30 side plank L :30 side plank R :30 inverse plank :30 bear plank :30 elbow plank	25 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	25 min cardio (walk, jog, dancing, etc)
80 jumping jacks 20 pushups 12 burpees 45 squats :60 plank	5x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	30 min cardio (walk, jog, dancing, etc)	(3x repeat) :40 side plank L :40 side plank R :40 inverse plank :40 bear plank :40 elbow plank	30 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	30 min cardio (walk, jog, dancing, etc)
90 jumping jacks 22 pushups 15 burpees 50 squats 1:15 plank	6x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	35 min cardio (walk, jog, dancing, etc)	(3x repeat) :50 side plank L :50 side plank R :50 inverse plank :50 bear plank :50 elbow plank	35 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	35 min cardio (walk, jog, dancing, etc)
100 jumping jacks 25 pushups 20 burpees 60 squats 1:30 plank	7x circuit 10 plank up downs 10 alternating lunges 10 tuck jumps	40 min cardio (walk, jog, dancing, etc)	(2x repeat) :60 side plank L :60 side plank R :60 inverse plank :60 bear plank :60 elbow plank	40 min cardio (walk, jog, dancing, etc)	Repeat your favorite workout	40 min cardio (walk, jog, dancing, etc)

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6