

30/30 Challenge

Along with the super fun and intense workouts of the February session, we are challenging you to complete the 30/30 Challenge. For the next 30 days you will complete **30 Squat Thrusts** and **30 Dolphin Planks** **every day**. On the days that you have Moxy, we will do the Squat Thrusts and Dolphin Planks together. On the days that you do not have Moxy, you will do the Squat Thrusts and Dolphin Planks on your own. Don't miss a day. Keep your promise to yourself and see what can happen over the course of the next month by just adding these two simple exercises to your daily routine.

Are you up for the challenge?

“The only thing even in this world are the number of hours in a day. The difference in winning and losing is what you do with those hours.”

PHONE LIST:

Melanie—318-4782

“Snow Phone”

Sarah—545-2544

Judi—416-1264

Robin—416-2800

Tracie—314-1037

Erika—318-3035



February

Mon	Tue	Wed	Thu	Fri	Sat
5am & 6am 31 5x Thru Training Grounds <i>(Exercise Band)</i>	1	5am & 6am 2 I Go U Go Training Grounds <i>(Exercise Band)</i>	3	5am & 6am 4 15/15 Training Grounds <i>(Exercise Band)</i>	5 6:00 am Cardio TBA
5am & 6am 7 TnTabata Training Grounds <i>(Exercise Band)</i>	8	5am & 6am 9 Cardio Circuit Training Grounds <i>(Exercise Band)</i>	10	5am & 6am 11 Sweat Box Training Grounds <i>(Exercise Band)</i>	12 6:00 am Cardio TBA
5am & 6am 14 Moxy FIT 50 Training Grounds <i>(Exercise Band)</i>	15	5am & 6am 16 Partner Workout Training Grounds <i>(Exercise Band)</i>	17	5am & 6am 18 Prisoner Workout Training Grounds <i>(Exercise Band)</i>	19 6:00 am Cardio TBA
5am & 6am 21 15/15 Training Grounds <i>(Exercise Band)</i>	22	5am & 6am 23 Agility, Ropes & Core Training Grounds	24	5am & 6am 25 Sweat Box Training Grounds <i>(Exercise Band)</i>	26 6:00 am Cardio TBA

****Saturday workouts are now “To Be Announced” so that we can pick the best training location according to the current conditions.**

