

7-Day **New Year's** Workout Challenge

Monday

10 push ups
20 squats
10 lunges
40 crunches
30 second plank
35 jumping jacks
5 minute walk/jog

Tuesday

15 push ups
30 squats
20 lunges
20 crunches
35 second plank
25 jumping jacks
6 minute walk/jog

Wednesday

20 push ups
20 squats
30 lunges
30 crunches
40 second plank
35 jumping jacks
7 minute walk/jog

Thursday

15 push ups
30 squats
20 lunges
35 crunches
45 second plank
25 jumping jacks
8 minute walk/jog

Friday

10 push ups
35 squats
10 lunges
40 crunches
50 second plank
35 jumping jacks
9 minute walk/jog

Saturday

10 minute walk/jog
10 minutes stretching

Sunday

Rest - You did it!



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