

# April 2015



## Cardio & Core Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30	1	2	3	4
Rest Day	1 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 3 Min Jogging /Running	Rest Day	1 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 3 Min Jogging /Running	Rest Day	1 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 3 Min Jogging /Running	1 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 3 Min Jogging /Running
5	6	7	8	9	10	11
Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 5 Min Jogging /Running	Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 5 Min Jogging /Running	Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 5 Min Jogging /Running	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 5 Min Jogging /Running
12	13	14	15	16	17	18
Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 7 Min Jogging /Running	Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 7 Min Jogging /Running	Rest Day	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 7 Min Jogging /Running	2 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 7 Min Jogging /Running
19	20	21	22	23	24	25
Rest Day	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running	Rest Day	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running	Rest Day	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running
26	27	28	29	30		
Rest Day	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running	Rest Day	3 Min of each: Mountain Climbers Standing Cross Crunch Bunny Hops Fast Feet Overhead Knee Crunch 10 Min Jogging /Running	Rest Day		

