



FlexAbility; Inclusive Fitness & Play

www.FlexAbilityFitness.com

May Daily Fitness Challenge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Record how many you can do
each day within one minute!!**

| | | | | | | |
|---------------------|---|---------------------|---------------------|------------------|------------------|---------------------|
| | | | | | 1 Star Jumps | 2 Sit Ups |
| 3 Chair Pose | 4 Pushups | 5 Ladder Hops | 6 Climbers | 6 Lunges | 8 Tricep Dips | 9 High Knees |
| 10 Side Bends | 11 Squats | 12 Shoulder Taps | 13 Jumping Jacks | 14 Crunches | 15 Side Kicks | 16 Overhead Lift |
| 17 Butt Kickers | 18 Ab Twists | 19 Side Jumps | 20 Front Lifts | 21 Frog Jumps | 22 Leg Lifts | 23 Wind Mills |
| 24 Side Arm Lift | 25 Dot Drill | 26 Plank Dip | 27 Skaters | 28 Punches | 29 Burpees | 30 Butterflies |
| 31 Giant Hops | <p>For video instruction and follow along, check out my YouTube Channel @CoachTonya</p> | | | | | |