

JUNE CHALLENGE

SUNDAY	MONDAY SUMMER LIFT DAYS	TUESDAY	WEDNESDAY SUMMER LIFT DAYS	THURSDAY	FRIDAY SUMMER LIFT DAYS	SATURDAY
 10k steps	2 SQUAT & PULL	3  10k steps	4 PUSH	5  10k steps	6 HINGE	7 CORE / 10k steps
8  10k steps	9 SQUAT & PULL	10  10k steps	11 PUSH	12  10k steps	13 HINGE	14 CORE / 10k steps
15  10k steps	16 SQUAT & PULL	17  10k steps	18 PUSH	19  10k steps	20 HINGE	21 CORE / 10k steps
22  10k steps	23 SQUAT & PULL	24  10k steps	25 PUSH	26  10k steps	27 HINGE	28 CORE / 10k steps
29  10k steps						