

June 2020

Heal Thy Self Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
	1 squats sit-ups or rolls-ups alt. lunges plank hip twists	2 knee highs toe touches side 2 side squats mountain climbers	3 pile squats bridges walnut crushers cobra push-ups	4 side leg lift R prayer pulse side leg lift L squat punches	5 russian twists tabletop leg lift R star abs tabletop leg lift L	6 forward lunges side 2 side jump squats single leg sit-ups criss cross abs squat pulse plank hold
7 shoulder tap plank arm circles walking the plank crunches	8 crunch leg drop parachute crunches plank hip dip R plank hip dip L	9 wiggle crunches lunge pulse R up-N-down plank lunge pulse L	10 side crunch R side crunch L butterfly sit-ups roll-up + crunch	11 lying chest press plank arm pull swimmers squat prayer pulse	12 jump squats squat leg lift R squat leg lift L squat pulse	13 front kicks pile squat pulse legs lifted crunches scissor sit-ups front kicks + punches walnut crushers
14 crunch leg lift R crunch leg lift L hop arm circle R hop arm circle L	15 squat arm pulls squat shoulder press squat prayer pulse squat hold	16 plank opener R plank opener L side crunch L side crunch R	17 bridge pulse sit-ups crunch leg hold R crunch leg hold L	18 side dippers R side dippers L mountain climbers plank hold	19 cha cha abs squat lunge R squat lunge L arms raised ab hold	20 side toe taps side plank dip R side plank dip L jumping arm circles squat walnut crushers squat punches
21 tabletop leg kick R tabletop leg kick L legs up russian twists legs lifted crunches	22 L-crunch R L-crunch L criss cross abs eagle crunches	23 single leg bridge R single leg bridge L wall sit squat to stand	24 V-ups cross crunch L cross crunch R crunch hold leg extension	25 leg extended lift R leg extended lift L tabletop kick R tabletop kick L	26 rope climbers cobra push-ups reverse crunch squat claps	27 double tap side crunch sideway scissors butt ups squats plie squat side crunch front kicks
28 <u>Fitness Marshall Motivation Workout Video</u>	29 <u>Fitness Marshall I Love Me Workout Video</u>	30 <u>10 minute yoga flow</u>				

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Do each move for 1 minute, and each circuit a total of 5 times. This will give you a good workout for 20 minutes Monday-Friday, and 30 minutes on Saturday.