

A MOTHER'S CHALLENGE: Get Your Rear in Gear!

~ June 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 50 squats 10s plank 5 burpees 20 hydrants 20 crunches 10 pushups
2 55 squats 12s plank 5 burpees 25 hydrants 25 crunches 10 pushups	3 60 squats 15s plank 7 burpees 30 hydrants 30 crunches 12 pushups	4 65 squats 20s plank 7 burpees 35 hydrants 35 crunches 14 pushups	5 REST	6 70 squats 25s plank 10 burpees 35 hydrants 35 crunches 16 pushups	7 75 squats 30s plank 10 burpees 40 hydrants 40 crunches 18 pushups	8 80 squats 35s plank 12 burpees 40 hydrants 40 crunches 20 pushups
9 REST	10 85 squats 38s plank 12 burpees 45 hydrants 45 crunches 20 pushups	11 90 squats 42s plank 15 burpees 50 hydrants 50 crunches 22 pushups	12 REST	13 95 squats 50s plank 15 burpees 50 hydrants 50 crunches 24 pushups	14 100 squats 55s plank 17 burpees 55 hydrants 55 crunches 28 pushups	15 105 squats 60s plank 17 burpees 60 hydrants 60 crunches 30 pushups
16 REST	17 110 squats 65s plank 20 burpees 60 hydrants 60 crunches 30 pushups	18 115 squats 70s plank 20 burpees 65 hydrants 65 crunches 32 pushups	19 REST	20 120 squats 75s plank 23 burpees 65 hydrants 65 crunches 34 pushups	21 125 squats 80s plank 25 burpees 70 hydrants 70 crunches 38 pushups	22 130 squats 85s plank 25 burpees 75 hydrants 75 crunches 40 pushups
23 REST	24 135 squats 90s plank 27 burpees 75 hydrants 75 crunches 40 pushups	25 140 squats 95s plank 27 burpees 80 hydrants 80 crunches 42 pushups	26 REST	27 145 squats 100s plank 30 burpees 85 hydrants 85 crunches 44 pushups	28 150 squats 110s plank 30 burpees 90 hydrants 90 crunches 46 pushups	29 155 squats 115s plank 35 burpees 95 hydrants 95 crunches 48 pushups
30 160 squats 120s plank 40 burpees 100 hydrants 100 crunches 50 pushups	Notes: Additionally, I will strive to walk with the stroller at least 4 times per week and run 2 times per week (6 days of cardio total).					