

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				*Begin Amp the Activity Challenge! Choose your track and stay on track!	Day 2: Amp the Activity Challenge	Free Day!
				MC: 50 jumping jacks, 50 push-ups	MC: 50 squats, 50 chest presses	BONUS MC: 30-minute Interval Training
4	5	6	7	8	9	10
Free Day!	Day 3: Amp The Activity Challenge MC: 50 forward-bent rows, 5 minutes of planks	Day 4: Amp the Activity Challenge MC: 50 bicep curls, 50 shoulder raises	Day 5: Amp the Activity Challenge MC: 50 tricep kick-backs, 50 dumbbell flies	Day 6: Amp the Activity Challenge MC: 5 minutes of Super Man's, 50 bicycle crunches	Day 7: Amp the Activity Challenge MC: 50 right leg lunges, 50 left leg lunges	Free Day! BONUS MC: 25-minute Interval Training
11	12	13	14	15	16	17
Free Day!	Day 8: Amp The Activity Challenge MC: 5 minutes of punching bags, 50 squats	Day 9: Amp the Activity Challenge MC: 50 push-ups, 50 squat jumps	Day 10: Amp the Activity Challenge MC: 50 jump ropes, 50 squat kicks, alternating sides (right and left side = 1!)	Day 11: Amp the Activity Challenge MC: 50 hammer curls, 50 shoulder presses	Day 12: Amp the Activity Challenge MC: 50 tricep dips, 5 minutes of planks	Free Day! BONUS MC: 30-minute Interval Training
18	19	20	21	22	23	24
Free Day!	Day 13: Amp The Activity Challenge MC: 50 chest presses, 25 right leg lunges, 25 left leg lunges	Day 14: Amp the Activity Challenge MC: 50 bicep curls, 50 forward-bent rows	Day 15: Amp the Activity Challenge MC: 50 Dead lifts, 5 minutes of planks	Day 16: Amp the Activity Challenge MC: 50 tricep kick backs, 50 jumping jacks	Day 17: Amp the Activity Challenge MC: 50 dumbbell flies with hips elevated, 50 squat jumps	Free Day! BONUS MC: 25-minute Interval Training
25	26	27	28	29	30	
Free Day	Day 18: Amp the Activity Challenge MC: 50 squats with shoulder press, 50 abdominal crunches	Day 19: Amp the Activity Challenge MC: 50 jump ropes, 50 push-ups	Day 20: Amp the Activity Challenge MC: 50 bicep curls, 25 tricep push-ups	Day 21: Amp the Activity Challenge MC: 10 minutes of planks YOU DID IT! Congrats!	Free Day! You earned it!	