

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Squats Calf-raises Lunges Hold up inst.	3 Warm-up. Jog 5 min., walk 3 min.-jog 8 min-walk 3 min,-jog 5 min.	4 Leg lifts Straight leg dead lifts High knees Hold up inst.	5 Warm-up. Jog 10 min., walk 3 min.-jog 10 min	6 Calf-raises Mountain-climbers Flutter-kicks Hold up inst.	7 Warm-up. Jog 10 min., walk 3 min.-jog 10 min
8	9 Push ups Crunches Straight leg dead lift Hold inst. up	10 Warm up. Jog 25 min.	11 Lunges Calf raises Flutter kicks Hold inst. up	12 Warm up. Jog 25 min.	13 Mt. climbers Squats High-knees Hold inst. up	14 Warm up. Jog 25 min.
15	16 Leg drops Squats Push ups Hold inst. up	17 Warm up. Jog 25 min.	18 Calf-raises Mt. climbers Toe touch crunches Hold inst. up	19 Warm up. Jog 25 min.	20 Plank Bear crawl Scissor kicks Hold inst. up	21 Warm up. Jog 25 min.
22	23 Squats Calf-raises Lunges Hold inst. up	24 Warm up. Jog 25 min.	25 Crab walk Mt. climbers Crunches Hold inst. up	26 Warm up. Jog 25 min.	27 Leg drops Sit ups Push ups Hold inst. up	28 Warm up. Jog 25 min.
29	30 SUMMER BAND!!! We will run 20 minutes tonight!	31 SUMMER BAND!!!	August 1 SUMMER BAND!!! We will run 20 minutes tonight!	2 SUMMER BAND!!!	3 SUMMER BAND!!! We will run 20 minutes tonight!	4
5	6 SUMMER BAND!!! We will run 20 minutes tonight!	7 SUMMER BAND!!!	8 SUMMER BAND!!! We will run 20 minutes tonight!	9 SUMMER BAND!!!	10 SUMMER BAND!!! Pool party in the evening!	