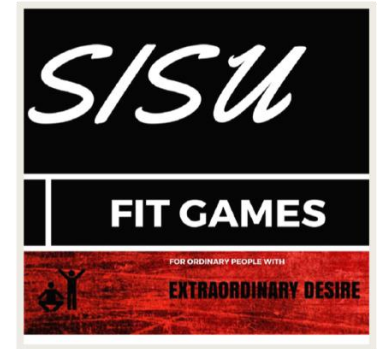


SEPTEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Push ups: 10pts, Modified 6 pts	2 1 mile run, points tbd
3 rest day	4 Air Squats: 10pts, Modified: 6pts	5 Sit Ups: 10pts, crunches: 5pts	6 rest day	7 Pull Ups: 10pts, Assisted Pull Ups: 6pts	8 breakdancer: 5pts/side, Push Ups(same as above)	9 1 mile run, points tbd
10 rest day	11 Air Squats: 10pts, Modified: 6pts, Plank w/ reach 5pts/side	12 Mtn Climber: 5pts/side, Sit Ups (same as above)	13 rest day	14 Ab Wheel: 10pts, Pull Ups(same as above)	15 breakdancer: 5pts/side, Push Ups(same as above)	16 1 mile run, points tbd
17 rest day	18 Air Squats: 10pts, Modified: 6pts	19 Sit Ups: 10pts, crunches: 5pts	20 rest day	21 Ab Wheel: 10pts, Pull Ups(same as above)	22 breakdancer: 5pts/side, Push Ups(same as above)	23 1 mile run, points tbd
24 rest day	25 Air Squats: 10pts, Modified: 6pts, Plank w/ reach 5pts/side	26 Mtn Climber: 5pts/side, Sit Ups (same as above)	27 rest day	28 Ab Wheel: 10pts, Pull Ups(same as above)	29 breakdancer: 5pts/side, Push Ups(same as above)	30 1 mile run, points tbd
		NOTES: exercises subject to change, all exercises demonstrated on sisufitgames.com				



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