

Your Personal Best

CHALLENGE

TRAINING STUDIO

Guaranteed Results!

Month of Lunges: 30 Forward Lunges, 20 Right Lunges, 20 Left Lunges, 30 Reverse Lunges, SPLIT JUMPS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
_____ Measurements: Butt: _____ Hips: _____ 100: ___ Min ___ Sec ___ # Split Jumps	_____ _____ # Split Jumps	_____ REMEMBER TO TAKE A PICTURE _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ Are your thighs burning? _____ # Split Jumps	_____ Feeling Stronger? _____ # Split Jumps
_____ 100: ___ Min ___ Sec ___ # Split Jumps	_____ _____ # Split Jumps	_____ What are you most proud of? _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps
_____ 100: ___ Min ___ Sec ___ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ What's motivating you today? _____ # Split Jumps	_____ _____ # Split Jumps	_____ How's that rear end looking? Take a picture! _____ # Split Jumps
_____ 100: ___ Min ___ Sec ___ # Split Jumps	_____ _____ # Split Jumps	_____ POST SOMETHING FUN ON FB! _____ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ What are you most looking forward to?? _____ # Split Jumps	_____ _____ # Split Jumps
_____ Measurements: Butt: _____ Hips: _____ 100: ___ Min ___ Sec ___ # Split Jumps	_____ _____ # Split Jumps	_____ _____ # Split Jumps	_____ What are you working for? _____ # Split Jumps	_____ _____ # Split Jumps	_____ With a few 1000 lunges down, how are you feeling? _____ # Split Jumps	_____ Final Picture - How does it look? _____ # Split Jumps

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/ypbtrainingstudio