

December 2018

Modified GUT challenge workout calendar



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 X
2 X	3 X	4 X	5 X	6 X	7 X	8 X
9 X	10 X	11 X	12 X	13 X	14 X	15 40 crunches 40 bicycles 10 jumping jax
16 45 crunches 40 bicycles 12 jumping jax	17 50 crunches 40 bicycles 15 jumping jax	18 25 jumping jax Journal your water intake today - drink 62 oz is your goal	19 35 crunches 35 jumping jax Report your water log from yesterday to the group - share a pic of our journal	20 40 crunches 40 bicycles 12 jumping jax Share your favorite motivational quote in the group	21 45 crunches 45 bicycles 20 jumping jax	22 50 crunches
23 50 full sit ups	24 Jog in place 30 seconds	25 50 crunches so we don't look like SANTA	26 45 crunches 45 jumping jax	27 45 crunches 50 jumping jax	28 60 crunches 40 bicycles	29 60 jumping jax
30 40 crunches 40 jumping jax 20 full sit ups	31 HAPPY NEW YEAR'S EVE	HAVE YOU SIGNED UP FOR OUR NEXT CHALLENGE?	REPORT IN THE GROUP IF YOU ARE READY FOR THE NEXT FREE CHALLENGE			