

❄️ 60 Day Holiday Fitness Challenge ❄️

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<ul style="list-style-type: none"> • 1 Squat • 1 Lunge • 1 Push Up • 1 Sit Up • Walk 1 mile 	<ul style="list-style-type: none"> • 2 Squats • 2 Lunges • 2 Push Ups • 2 Sit Ups • Stretch for 10 minutes 	<ul style="list-style-type: none"> • 3 Squats • 3 Lunges • 3 Push Ups • 3 Sit Ups • 20 Minute Yoga Routine 	<ul style="list-style-type: none"> • 4 Squats • 4 Lunges • 4 Push Ups • 4 Sit Ups • Walk 1 mile 	<ul style="list-style-type: none"> • 5 Squats • 5 Lunges • 5 Push Ups • 5 Sit Ups • Stretch for 10 minutes 	<ul style="list-style-type: none"> • 6 Squats • 6 Lunges • 6 Push Ups • 6 Sit Ups • 15 Minute Arm Workout 	REST	<ul style="list-style-type: none"> • 8 Squats • 8 Lunges • 8 Push Ups • 8 Sit Ups • Walk 1.5 miles 	<ul style="list-style-type: none"> • 9 Squats • 9 Lunges • 9 Push Ups • 9 Sit Ups • Stretch for 15 minutes 	<ul style="list-style-type: none"> • 10 Squats • 10 Lunges • 10 Push Ups • 10 Sit Ups • 15 Minute Core Workout
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
<ul style="list-style-type: none"> • 11 Squats • 11 Lunges • 11 Push Ups • 11 Sit Ups • Walk 1.5 miles 	<ul style="list-style-type: none"> • 12 Squats • 12 Lunges • 12 Push Ups • 12 Sit Ups • Stretch for 15 minutes 	<ul style="list-style-type: none"> • 13 Squats • 13 Lunges • 13 Push Ups • 13 Sit Ups • 60 second plank 	REST	<ul style="list-style-type: none"> • 15 Squats • 15 Lunges • 15 Push Ups • 15 Sit Ups • Walk 1.5 miles 	<ul style="list-style-type: none"> • 16 Squats • 16 Lunges • 16 Push Ups • 16 Sit Ups • Stretch for 15 minutes 	<ul style="list-style-type: none"> • 17 Squats • 17 Lunges • 17 Push Ups • 17 Sit Ups • 20 Minute Yoga Routine 	<ul style="list-style-type: none"> • 18 Squats • 18 Lunges • 18 Push Ups • 18 Sit Ups • Walk 2 miles 	<ul style="list-style-type: none"> • 19 Squats • 19 Lunges • 19 Push Ups • 19 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 20 Squats • 20 Lunges • 20 Push Ups • 20 Sit Ups • Bodyweight Arm Workout
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
REST	<ul style="list-style-type: none"> • 22 Squats • 22 Lunges • 22 Push Ups • 22 Sit Ups • Walk 2 miles 	<ul style="list-style-type: none"> • 23 Squats • 23 Lunges • 23 Push Ups • 23 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 24 Squats • 24 Lunges • 24 Push Ups • 24 Sit Ups • Shoulder Workout 	<ul style="list-style-type: none"> • 25 Squats • 25 Lunges • 25 Push Ups • 25 Sit Ups • Walk 2 miles 	<ul style="list-style-type: none"> • 26 Squats • 26 Lunges • 26 Push Ups • 26 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 27 Squats • 27 Lunges • 27 Push Ups • 27 Sit Ups • Complete Core Workout 	REST	<ul style="list-style-type: none"> • 29 Squats • 29 Lunges • 29 Push Ups • 29 Sit Ups • Walk 2.5 miles 	<ul style="list-style-type: none"> • 30 Squats • 30 Lunges • 30 Push Ups • 30 Sit Ups • Stretch for 20 minutes
Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40
<ul style="list-style-type: none"> • 31 Squats • 31 Lunges • 31 Push Ups • 31 Sit Ups • 15 Minute Arm Workout 	<ul style="list-style-type: none"> • 32 Squats • 32 Lunges • 32 Push Ups • 32 Sit Ups • Walk 2.5 miles 	<ul style="list-style-type: none"> • 33 Squats • 33 Lunges • 33 Push Ups • 33 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 34 Squats • 34 Lunges • 34 Push Ups • 34 Sit Ups • Crunchless Core Workout 	REST	<ul style="list-style-type: none"> • 36 Squats • 36 Lunges • 36 Push Ups • 36 Sit Ups • Walk 2.5 miles 	<ul style="list-style-type: none"> • 37 Squats • 37 Lunges • 37 Push Ups • 37 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 38 Squats • 38 Lunges • 38 Push Ups • 38 Sit Ups • Lower Body Workout 	<ul style="list-style-type: none"> • 39 Squats • 39 Lunges • 39 Push Ups • 39 Sit Ups • Walk 3 miles 	<ul style="list-style-type: none"> • 40 Squats • 40 Lunges • 40 Push Ups • 40 Sit Ups • Stretch for 20 minutes
Day 41	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50
<ul style="list-style-type: none"> • 41 Squats • 41 Lunges • 41 Push Ups • 41 Sit Ups • 15 Minute Back Workout 	REST	<ul style="list-style-type: none"> • 43 Squats • 43 Lunges • 43 Push Ups • 43 Sit Ups • Walk 3 miles 	<ul style="list-style-type: none"> • 44 Squats • 44 Lunges • 44 Push Ups • 44 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 45 Squats • 45 Lunges • 45 Push Ups • 45 Sit Ups • 20 Minute Yoga Routine 	<ul style="list-style-type: none"> • 46 Squats • 46 Lunges • 46 Push Ups • 46 Sit Ups • Walk 3 miles 	<ul style="list-style-type: none"> • 47 Squats • 47 Lunges • 47 Push Ups • 47 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 48 Squats • 48 Lunges • 48 Push Ups • 48 Sit Ups • Tabata Core Workout 	REST	<ul style="list-style-type: none"> • 50 Squats • 50 Lunges • 50 Push Ups • 50 Sit Ups • Walk 3 miles
Day 51	Day 52	Day 53	Day 54	Day 55	Day 56	Day 57	Day 58	Day 59	Day 60
<ul style="list-style-type: none"> • 51 Squats • 51 Lunges • 51 Push Ups • 51 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 52 Squats • 52 Lunges • 52 Push Ups • 52 Sit Ups • 15 Minute Arm Workout 	<ul style="list-style-type: none"> • 53 Squats • 53 Lunges • 53 Push Ups • 53 Sit Ups • Walk 3 miles 	<ul style="list-style-type: none"> • 54 Squats • 54 Lunges • 54 Push Ups • 54 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 55 Squats • 55 Lunges • 55 Push Ups • 55 Sit Ups • 15 Minute Core Workout 	REST	<ul style="list-style-type: none"> • 57 Squats • 57 Lunges • 57 Push Ups • 57 Sit Ups • Walk 3 miles 	<ul style="list-style-type: none"> • 58 Squats • 58 Lunges • 58 Push Ups • 58 Sit Ups • Stretch for 20 minutes 	<ul style="list-style-type: none"> • 59 Squats • 59 Lunges • 59 Push Ups • 59 Sit Ups • Complete Core Workout 	<ul style="list-style-type: none"> • 60 Squats • 60 Lunges • 60 Push Ups • 60 Sit Ups • 60 second plank