

# Gabby Miller's July Full Body Challenge

Email: [gabbymillerfitness@gmail.com](mailto:gabbymillerfitness@gmail.com) Website: [gabbymillerfitness.wixsite.com/fitness](http://gabbymillerfitness.wixsite.com/fitness)

## Rules:

- The challenge must be completed in its entirety in order to receive the prize listed below
- \*\*\* **PLEASE NOTE:** The second set of times/ reps are an ADVANCED version of the challenge
  - You can choose to do either the first or the second set of times/ reps, you do not have to do both
  - All cardio movements can be modified by taking the jumping out and stepping instead (please see website for videos of the cardio movements)
- \*\*\***PRIZE:** (if you complete the ENTIRE Calendar)
  - \$15 Personal Training Gift Card** to use for yourself or a friend/family member!

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<b>Day 1:</b> <b>Jumping Jacks</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 2:</b> <b>Pushups</b> 10 reps <input type="checkbox"/> 20 reps <input type="checkbox"/>	<b>Day 3:</b> <b>Squats</b> 15 reps <input type="checkbox"/> 30 reps <input type="checkbox"/>	<b>Day 4:</b> <b>Plank</b> 30 seconds <input type="checkbox"/> 45 seconds <input type="checkbox"/>	<b>Day 5:</b> <b>High Knees</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 6:</b> <b>REST DAY</b>	<b>Day 7:</b> <b>Ski Jumps</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>
<b>Day 8:</b> <b>Pushups</b> 15 reps <input type="checkbox"/> 30 reps <input type="checkbox"/>	<b>Day 9:</b> <b>Squats</b> 20 reps <input type="checkbox"/> 40 reps <input type="checkbox"/>	<b>Day 10:</b> <b>Plank</b> 40 seconds <input type="checkbox"/> 55 seconds <input type="checkbox"/>	<b>Day 11:</b> <b>Ice Skaters</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 12:</b> <b>REST DAY</b>	<b>Day 13:</b> <b>Squat Jumps</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 14:</b> <b>Pushups</b> 20 reps <input type="checkbox"/> 40 reps <input type="checkbox"/>
<b>Day 15:</b> <b>Squats</b> 25 reps <input type="checkbox"/> 50 reps <input type="checkbox"/>	<b>Day 16:</b> <b>Plank</b> 50 seconds <input type="checkbox"/> 65 seconds <input type="checkbox"/>	<b>Day 17:</b> <input type="checkbox"/> <b>Lunge Hops</b> 15 seconds each <input type="checkbox"/> 30 seconds each <input type="checkbox"/>	<b>Day 18:</b> <b>REST DAY</b>	<b>Day 19:</b> <b>Mountain Climbers</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 20:</b> <b>Pushups</b> 25 reps <input type="checkbox"/> 50 reps <input type="checkbox"/>	<b>Day 21:</b> <b>Squats</b> 30 reps <input type="checkbox"/> 60 reps <input type="checkbox"/>
<b>Day 22:</b> <b>Plank</b> 60 seconds <input type="checkbox"/> 75 seconds <input type="checkbox"/>	<b>Day 23:</b> <b>Plank Jacks</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 24:</b> <b>REST DAY</b>	<b>Day 25:</b> <b>Front/Back Hops</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 26:</b> <b>Pushups</b> 30 reps <input type="checkbox"/> 60 reps <input type="checkbox"/>	<b>Day 27:</b> <b>Squats</b> 35 reps <input type="checkbox"/> 70 reps <input type="checkbox"/>	<b>Day 28:</b> <b>Plank</b> 70 seconds <input type="checkbox"/> 85 seconds <input type="checkbox"/>
<b>Day 29:</b> <b>Side to Side Hops</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>Day 30:</b> <b>REST DAY</b>	<b>Day 31:</b> → → → <b>Split Jacks</b> 30 seconds <input type="checkbox"/> 60 seconds <input type="checkbox"/>	<b>BONUS:</b> Record <b>Pushups</b> , <b>Squats</b> , & <b>Plank</b> until failure	<b>Pushups</b> until failure: _____	<b>Squats</b> until failure: _____	<b>Plank</b> until failure: _____