



Use this quick-reference guide to complete the activities for this day's challenge.

Get Ready

Warm up with 20 Jumping Jacks + 20 High kicks

Get Set

Watch the exercise video to learn proper form for the activities.
 Walk in place while the video plays.

Gain Strength

All levels do same activity

Static calf stretch	hold stretch for 30 seconds, 1-3 sets
Glute stretch	hold stretch for 30 seconds, 1-2 sets
Hip flexor stretch	hold stretch for 1-2 seconds, 5-10 reps, 2 sets
Prisoner squat	10 reps
Hamstring stretch	10 reps

Inspire Courage

Watch the inspirational video (posted on the website or available on YouTube), then use the study guide to have a conversation. If doing this program on your own, use a journal (paper or digital) to process the questions and thoughts. If as a group, use the sections that are most meaningful to the group to fit in your timeframe.

Cardio Think

**Run at an easy pace for 1 minute then sprint for 30 seconds.
 Do 7 rounds.**

After the workout and devotional study, take a walk or run. It can be done at another time of day if needed. This is a great opportunity to think about the devotional study and personal health goals.

Be sure to drink plenty of fluids and rest up for tomorrow!

