



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

TAKE IT EASY TODAY!

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

	<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
Sit ups	30 seconds	30 seconds	30 seconds
Flutter kicks	30 seconds	30 seconds	30 seconds
Plank	30 seconds	30 seconds	30 seconds
Right side plank	30 seconds	30 seconds	30 seconds
Left side plank	30 seconds	30 seconds	30 seconds
	1 round	Repeat for 2 rounds	Repeat for 3 rounds

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

Go for a walk in nature or around your neighborhood

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, stretch, and get rest before tomorrow's activity!

