



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

	<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
Jump rope	1 minute, 1-3 sets	2 minutes, 1-3 sets	3 minutes, 1-3 sets
Mountain climber	30 reps, 1-3 sets	40 reps, 1-3 sets	50 reps, 1-3 sets
Burpees	10 reps, 1-3 sets	20 reps, 1-3 sets	30 reps, 1-3 sets

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

1 mile run	3 mile run	3 mile run
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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 rest up. You have a day of rest on Day 7 before completing the Fitness Test on Day 8!