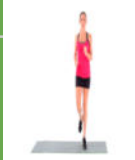


DECEMBER MONTHLY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Directions: do each exercise 2 sets of 30 seconds, with 10 seconds rest				
30	10		1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25
						
26	27	28	29	30	31	
						