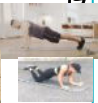


JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
ROCK DA BOAT CHALLENGE		1. SHOULDER TAPS 2. MOUNTAIN CLIMBER TWIST 3. PLANK JACK PUSH UPS    				
16	17	18	19	20	21	22
CUPID SHUFFLE CHALLENGE		1. MOUNTAIN CLIMBER TWIST 2. PLANK KICKS 3. UP UP DOWN DOWNS   				
23	24	25	26	27	28	29
HIT YO ROLLIE CHALLENGE		1. MOUNTAIN CLIMBER TWIST 2. PLANK KICKS 3. PLANK LATERAL TAPS 4. UP UP DOWN DOWNS 5. PLANK WALK OUT/IN 6. FOREARM PLANK SWIVEL      	 			
30	31					
	ALL OF THEM					