



# MAY MAYHEM 2021

## SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STRETCH</b>	<b>MOUNTAIN CLIMBERS/PUSH UPS</b>	<b>MOUNTAIN CLIMBERS/PUSH UPS</b>	<b>MOUNTAIN CLIMBERS/PUSH UPS</b>	<b>MOUNTAIN CLIMBERS/PUSH UPS</b>	<b>MOUNTAIN CLIMBERS/PUSH UPS</b>	<b>CARDIO</b>
						POWER WALK, RUN, BIKE, JUMPING JACKS, JUMP ROPE
2 GET READY FOR WEEK 1!	3 5 MOUNTAIN CLIMBERS 5 PUSH UPS	4 10 MOUNTAIN CLIMBERS 5 PUSH UPS	5 15 MOUNTAIN CLIMBERS 5 PUSH UPS	6 20 MOUNTAIN CLIMBERS 5 PUSH UPS	7 25 MOUNTAIN CLIMBERS 5 PUSH UPS	8 15 MINS OF CARDIO
9 STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	10 30 MOUNTAIN CLIMBERS 10 PUSH UPS	11 35 MOUNTAIN CLIMBERS 10 PUSH UPS	12 40 MOUNTAIN CLIMBERS 10 PUSH UPS	13 45 MOUNTAIN CLIMBERS 10 PUSH UPS	14 50 MOUNTAIN CLIMBERS 10 PUSH UPS	15 30 MINS OF CARDIO
16 HALFWAY THERE!	17 55 MOUNTAIN CLIMBERS 15 PUSH UPS	18 60 MOUNTAIN CLIMBERS 15 PUSH UPS	19 65 MOUNTAIN CLIMBERS 15 PUSH UPS	20 70 MOUNTAIN CLIMBERS 15 PUSH UPS	21 75 MOUNTAIN CLIMBERS 15 PUSH UPS	22 45 MINS OF CARDIO
23 FINAL WEEK!	24 80 MOUNTAIN CLIMBERS 20 PUSH UPS	25 85 MOUNTAIN CLIMBERS 20 PUSH UPS	26 90 MOUNTAIN CLIMBERS 20 PUSH UPS	27 95 MOUNTAIN CLIMBERS 20 PUSH UPS	28 100 MOUNTAIN CLIMBERS 20 PUSH UPS	29 60 MINS OF CARDIO