



# FEEL THE BURN FEBRUARY 2021 SPORTS AND FITNESS CALENDAR

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