



**militant wellness**  
- From Serving to Service -

## Monthly Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>20- minute Workout</b> 20 Burpees 20 Squats 40 Jumpin Jacks 30 Crunches 20 High Knees 30 sec superman 30 sec plank <b>Repeat 3x's</b>	<b>2</b> <b>30-minute walk</b>	<b>3</b> <b>20- minute Workout</b> 15 Chair tricep dips 20 Lunges 15 Frog jumps 30 Jumping jacks 40 Bicycle crunches <b>Repeat 3x's</b>	<b>4</b> <b>30-minute walk</b>	<b>5</b> <b>20-minute Workout</b> 20 Sumo squats 1 minute Wall sits 20 Burpees 10 Walking lunges (front & back) 30 sec superman 30 sec plank 50 crunches <b>Repeat 3x's</b>	<b>6</b> REST
<b>7</b> 30-minute walk	<b>8</b> <b>20- minute Workout</b> 20 Lunges (10 each leg) 20 Squats 15 Wall push ups 20 Burpees 30 sec Planks <b>Repeat 3x's</b>	<b>9</b> <b>30-minute walk</b>	<b>10</b> <b>20-minute Workout</b> 15 Push ups 40 Jumping Jacks 20 Mountain climbers 30 sec superman 30 sec plank <b>Repeat 3x's</b>	<b>11</b> <b>30-minute walk</b>	<b>12</b> <b>20-minute</b> 20 Lunges (10 each leg) 20 Squats 15 Chair Tricep dips 30 Bicycle crunches 30 Planks <b>Repeat 3x's</b>	<b>13</b> Rest
<b>14</b> 30-minute walk	<b>15</b> <b>20- minute Workout</b> 20 Burpees 20 Squats 40 Jumpin Jacks 30 Crunches 20 High Knees 30 sec superman 30 sec plank <b>Repeat 3x's</b>	<b>16</b> <b>30-minute walk</b>	<b>17</b> <b>20- minute Workout</b> 15 Chair tricep dips 20 Lunges 15 Frog jumps 30 Jumping jacks 40 Bicycle crunches <b>Repeat 3x's</b>	<b>18</b> <b>30-minute walk</b>	<b>19</b> <b>20-minute Workout</b> 20 Sumo squats 1 minute Wall sits 20 Burpees 10 Walking lunges (front & back) 30 sec superman 30 sec plank 50 crunches <b>Repeat 3x's</b>	<b>20</b> Rest
<b>21</b> 30-minute walk	<b>22</b> <b>20- minute Workout</b> 20 Lunges (10 each leg) 20 Squats 15 Wall push ups 20 Burpees 30 sec Planks <b>Repeat 3x's</b>	<b>23</b> <b>30-minute walk</b>	<b>24</b> <b>20-minute Workout</b> 15 Push ups 40 Jumping Jacks 20 Mountain climbers 30 sec superman 30 sec plank <b>Repeat 3x's</b>	<b>25</b> <b>30-minute walk</b>	<b>26</b> <b>20-minute</b> 20 Lunges (10 each leg) 20 Squats 15 Chair Tricep dips 30 Bicycle crunches 30 Planks <b>Repeat 3x's</b>	<b>27</b> Rest
<b>28</b> 30-minute walk	<b>29</b> <b>20- minute Workout</b> 20 Burpees 20 Squats 40 Jumpin Jacks 30 Crunches 20 High Knees 30 sec superman 30 sec plank <b>Repeat 3x's</b>	<b>30</b> <b>30-minute walk</b>	<b>31</b> <b>20- minute Workout</b> 15 Chair tricep dips 20 Lunges 15 Frog jumps 30 Jumping jacks 40 Bicycle crunches <b>Repeat 3x's</b>	<b>Notes:</b>		