

14 DAYS OF FEBRUARY LOVE OF FITNESS

2021 CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Full Body	2 Cardio	3 Booty Burn	4 Cardio	5 Upper Body	6 Core
7 Stretch & Recovery	8 Full-Body	9 Cardio	10 Booty Burn	11 Cardio	12 Upper Body	13 Core
14 Stretch & Recovery	15 Full-Body	16 Cardio	17 Booty Burn	18 Cardio	19 Upper Body	20 Core
21 Stretch & Recovery	22 Full-Body	23 Cardio	24 Booty Burn	25 Cardio	26 Upper Body	27 Core
28 Stretch & Recovery						



FEBRUARY LOVE OF FITNESS CHALLENGE

WEEK 2/1 - 2/7 2021

MONDAY

FULL-BODY

- ☐ 10 Squats
- ☐ 10 Standing Lunges (R/L)
- ☐ 30 Sec Forearm PH
- ☐ 20 Knee Ins

TUESDAY

CARDIO

- ☐ 10 Squat Jumps
- ☐ 10 Reverse Lunges (R/L)
- ☐ 30 Sec Plank Jacks
- ☐ 20 Crunches

WEDNESDAY

BOOTY
BURN

- ☐ 10 Glute Bridges
- ☐ 10 Side Lunges
- ☐ 10 Lateral Leg Lifts (R/L)
- ☐ 30 sec Plank Leg Lifts

THURSDAY

CARDIO

- ☐ 10 Skaters
- ☐ 10 Squat Taps
- ☐ 30 sec Commando
- ☐ 20 Bicycle Crunches

FRIDAY

UPPER BODY

- ☐ 10 Tricep Dips
- ☐ 10 Push-Ups
- ☐ 30 sec Plank Swimmers
- ☐ 30 sec Hollow Hold

SATURDAY

CORE

- ☐ 10 Single Leg Lifts (R/L)
- ☐ 10 Outside Reaches R/L
- ☐ 10 Diamond Sit-Ups
- ☐ 30 sec Plank Toe Reach

SUNDAY

STRETCH

- ☐ 30 sec Cat / Cow
- ☐ 30 Sec Downward Dog
- ☐ 30 sec Spider Reach
- ☐ 30 sec Pigeon Pose

ACCOMPLISHMENTS