


# June

2017

## Get Moving Challenge

Body and Mind by Muna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Follow this challenge on Facebook</b></p>	<p><b>@ Body and Mind by Muna</b></p>			1 1-minute plank	2 Total of 5 minutes activity (plank, skaters, pushups, walking in place)	3 1 minute squats or jump squats
4 30 seconds pushups	5 1 minute total body extension (optional: vertical jumps)	6 Back stretching (VIDEO)	7 <b>REST</b>	8 12 side lunges per side (repeat up to 3x)	9 8 pushups (repeat up to 3x)	10 2-minute plank
11 Hip stretching (VIDEO)	12 10-minute walk	13 <b>REST</b>	14 1 minute side plank (30 seconds per side)	15 10 burpees + 10 squats (repeat up to 3x)	16 5 minute abs (VIDEO)	17 30 squats or jump squats
18 1 minute squats or jump squats (repeat up to 3x)	19 <b>REST</b>	20 Skaters during commercial breaks (5 minutes total)	21 20-minute walk	22 3 pushups + 10 mountain climbers (repeat for 3 minutes)	23 10-minute abs (VIDEO)	24 35 fast squats (repeat up to 3x)
25 <b>REST</b>	26 1 minute plank up and down (30 seconds per side)	27 Foam rolling or other myofascial release (5-10 minutes)	28 10 sumo burpees + 5 pushups (repeat up to 3x)	29 1-minute V-ups (repeat up to 3x)	30 20 minute yoga (VIDEO)	 <p>Copyright Body and Mind by Muna</p>