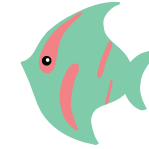



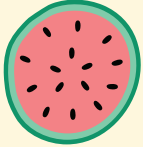

June 2021 Fitness Alphabet Challenge



Spell out your workout for the day!

Visit www.beachcitiesgym.com/challenge for more information on these exercises.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SUN	2 KITE	3 HOT	4 PLAY	5 SUMMER
6 JUNE	7 SAND	8 RELAX	9 OUTDOORS	10 ROAD TRIP	11 BICYCLE	12 FISHING
13 SUNSHINE	14 BARBEQUES	15 FLIP FLOPS	16 CAMPING	17 SUNGLASSES	18 FRISBEE	19 SWIMMING
20 LEMONADE	21 PICNIC	22 GOLF	23 SUNBLOCK	24 VOLLEYBALL	25 VACATION	26 WATERMELON
27 BEACH	28 KAYAKING	29 SAND CASTLE	30 BONFIRES			

- A - 10 crunches
- B - 10 jumping jacks
- C - 5 push-ups
- D - 5 squats
- E - 30-second wall sit
- F - 10 arm circles
- G - 10 mountain climbers
- H - 5 burpees
- I - 30-second plank
- J - 5 lateral raises
- K - 10 lunges (each leg)
- L - 10 crunches
- M - 10 high knees
- N - 10 tricep chair dips
- O - 10 bicep curls
- P - 10 lateral raises
- Q - 10 burpees
- R - 10 push-ups
- S - 45-second wall sit
- T - 10 front arm raises
- U - 45-second plank
- V - 15 mountain climbers
- W - 15 arm circles
- X - 15 jumping jacks
- Y - 15 crunches
- Z - 10 squats