

June Fitness Challenge - Strength Training

- *25 Push-Ups (odd days)
- *50 Squats (even days)
- *Increase the weight you currently lift
- *Stop using your hands when you get-up/sit down
- *Stop using stairway railings
- *Take advantage of the strength classes we offer!



Day	Challenge Doing More is Great!	Amount You Completed	Bonus Strength Training (3x a week is recommended) Classes, Planks, Workout on Your Own, etc
1-Jun	25 Push-Ups		
2-Jun	50 Squats		
3-Jun	25 Push-Ups		
4-Jun	50 Squats		
5-Jun	25 Push-Ups		
6-Jun	50 Squats		
7-Jun	25 Push-Ups		
8-Jun	50 Squats		
9-Jun	25 Push-Ups		
10-Jun	50 Squats		
11-Jun	25 Push-Ups		
12-Jun	50 Squats		
13-Jun	25 Push-Ups		
14-Jun	50 Squats		
15-Jun	25 Push-Ups		
16-Jun	50 Squats		
17-Jun	25 Push-Ups		
18-Jun	50 Squats		
19-Jun	25 Push-Ups		
20-Jun	50 Squats		
21-Jun	25 Push-Ups		
22-Jun	50 Squats		
23-Jun	25 Push-Ups		
24-Jun	50 Squats		
25-Jun	25 Push-Ups		
26-Jun	50 Squats		
27-Jun	25 Push-Ups		
28-Jun	50 Squats		
29-Jun	25 Push-Ups		
30-Jun	50 Squats		



CHEVAL ATHLETIC CLUB
4142 Cheval Blvd. | Lutz, FL 33558 | 813.279.5122

chevalgac.com

