

AUG

"Total Mindset Makeover + Cardio/Core" Challenge

HOW TO SUCCEED WITH THE AUGUST CHALLENGE!

It's August, and you know what that means? We are already gearing up for a new season! And with the new season upon us comes the opportunity to grow and set fresh intentions. This month, I challenge you to shift your mindset and aim for just a bit better every day. Each week, I will include a new Mindset Habit to focus on daily. To really hold you accountable, you will also be completing a daily, mini circuit to keep you on track with your health and fitness goals. The key to success is staying consistent, EVERY DAY! Who is ready to crush their August goals? Don't forget to check in with the FB group for added accountability! A 1000 mile journey begins with a single step!

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SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1: LET IT GO! SPHERE OF CONTROL ACTIVITY			1 :30/:15 x 2 Sets Mountain Climbers Jump Squats Burpees Plank Jacks	2 :30/:15 x 2 Sets Push-up ROT Plank Lunge Jumps Superman Jump rope	3 :30/:15 x 2 Sets Mountain Climbers Leg Raises Toe Touches Squat to Lunge Jump	4 20 to 30 Minute Walk
5 WEEK 2: EXPRESS GRATITUDE! MORNING INTENTIONS	6 :30/:10 x 3 Sets Mountain Climbers Jump Squats Burpees Plank Jacks	7 :30/:10 x 3 Sets Push-up ROT Plank Lunge Jumps Superman Jump Rope	8 :30/:10 x 3 Sets Dumbbell Swings Sit-up with Twist Plank Row Squat to Lunge Jump	9 20 to 30 Minute Walk	10 :30/:10 x 3 Sets Mountain Climbers Leg Raises Toe Touches Burpees	11 :30/:10 x 3 Sets Choose your Own Adventure Workout!
12 WEEK 3: FEEL THE FEAR & DO IT ANYWAY! FLYING TRAPEZE ACTIVITY	13 :45/:20 x 3 Sets Push-up ROT Plank Lunge Jumps Superman Jump Rope	14 :45/:20 x 3 Sets Mountain Climbers Jump Squats Burpees Plank Jacks	15 20 to 30 Minute Walk	16 :45/:20 x 3 Sets Dumbbell Swings Sit-up with Twist Plank Row Squat to Lunge Jump	17 :45/:20 x 3 Sets Mountain Climbers Leg Raises Toe Touches Burpees	18 :45/:20 x 3 Sets DB ROT Push Press Plank Lunge Jumps DB Bent-over Row
19 WEEK 4: BELIEVE IN YOURSELF! DAILY MANTRA	20 :60/:20 x 2 Sets DB Swings Sit-up with Twist Plank Row Squat to Lunge Jump	21 :60/:20 x 2 Sets Mountain Climbers Leg Raises Toe Touches Burpees	22 :60/:20 x 2 Sets DB ROT Push Press Plank Lunge Jumps DB Bent-over Row	23 20 to 30 Minute Walk or Jog	24 :60/:20 x 2 Sets Push-up ROT Plank Lunge Jumps Superman Jump Rope	25 :60/:20 x 2 Sets Mountain Climbers Jump Squats Burpees Plank Jacks
26 WEEK 5: I AM ENOUGH! SOCIAL MEDIA DETOX + 50 THINGS ACTIVITY	27 :60/:20 x 3 Sets Push-up ROT Plank Lunge Jumps Superman Jump Rope	28 30 to 45 Minute Walk or Jog	29 :60/:20 x 3 Sets DB ROT Push Press Plank Lunge Jumps DB Bent-over Row	30 :60/:20 x 3 Sets DB Swings Sit-up with Twist Plank Row Squat to Lunge Jump	31 :60/:20 x 3 Sets Choose your Own Adventure Workout!	<i>Hooray!</i> 