



JULY FIT BOTTOMED CHALLENGE

PUSH IT REAL GOOD

<u>Funday Sunday</u>	<u>Munch It Monday</u>	<u>Too Sexy Tuesday</u>	<u>Work It Wednesday</u>	<u>Thoughtful Thursday</u>	<u>Fit Bottomed Friday</u>	<u>Booty-full Saturday</u>
			1 Do as many push-ups as you can in 5 minutes & record your number	2 Noodle on: "What's holding me back?"	3 Jump, jump for your butt! ↑ ↑	4 Do 20 minutes of your fave cardio + 10 push-ups
5 Watch an inspirational push-up video	6 Hydrate up	7 Take care of your workout gear properly	8 Do as many push-ups as you can in 5 minutes & beat your number!	9 Take 10 minutes to just breathe today ☺	10 Do the Booty Blast Circuit	11 Do 25 minutes of your fave cardio + 15 push-ups
12 Find a new summer workout to try 🕶️	13 Beat smoothie boredom	14 Break up with perfectionism	15 Try a harder push-up!	16 Write down 10 things you're grateful for	17 Push it with some fartleks!	18 Do 30 minutes of your fave cardio + 20 push-ups
19 Hit the pool!	20 Eat your protein	21 Find a healthy support system who pushes you	22 Do as many "harder" push-ups as you can in 5 minutes & record your number	23 Stretch out with some yoga	24 Try the 7-Minute Workout	25 Do 35 minutes of your fave cardio + 25 push-ups
26 Vote in our Ultimate 90s Workout Song competition!	27 Commit to drinking a smoothie or eating a salad each day this week	28 Create a positive body image board on Pinterest	29 Do as many "harder" push-ups as you can in 5 minutes & beat your number!	30 Share with @FitBottomedGirl how this month has changed you!	31 Do 40 minutes of your fave cardio + 30 push-ups	