

Black Women Losing Weight's July 2013 Exercise Challenge

~ July 2013 ~ At Home Workout						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Routine 1	2 Routine 1	3 Rest Day	4 Routine 2	5 Routine 3	6 Routine 3
7 Rest Day	8 Routine 1	9 Routine 2	10 Rest Day	11 Routine 1	12 Routine 2	13 Routine 3
14 Rest Day	15 Routine 2	16 Routine 3	17 Rest Day	18 Routine 1	19 Routine 1	20 Routine 2
21 Rest Day	22 Routine 3	23 Routine 3	24 Rest Day	25 Routine 2	26 Routine 1	27 Routine 1
28 Rest Day	29 Routine 1	30 Routine 2	31 Routine 3	Notes:		

Challenge details and videos of the exercises for each routine available on blog: www.blackweightlosssuccess.com

Disclaimer: Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning. I am not a doctor or personal trainer. If you have health issues, injuries, old injuries, or any medical issue, don't do this workout without consulting a professional.

Do each routine twice per workout session - You will do the routine once thru and then repeat it for a total of 2 cycles.

Routine 1	Routine 2	Routine 3
20 jumping jacks 10 squats 10 standing calf raises 20 jumping jacks 5 kneeling pushups 10 squats 20 jumping jacks 15 russian twists 1 min jog or walk in place (Repeat)	5 burpees 30 high knees 20 wall pushups 16 lunges (8 on each leg) 5 burpees 5 kneeling pushups 20 vertical leg crunches 15 jumping jacks 30 high knees (Repeat)	1 min jog in place 20 jumping jacks 20 squats 20 lunges (10 on each leg) 20 jumping jacks 30 butt kickers 30 side leg lifts (15 on each leg) 20 crunches 1 min jog or walk in place (Repeat)