

No-Jiggle July

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|--|---|--|--|--|
| 1 rest (or push it!) | 2 5 plank to push-up 5 burpees 10 oblique twists | 3 5 plank to push-up 5 burpees 10 oblique twists | 4 ARmerica's Independence Day! do 7/3 before the BBQ! | 5 5 plank to push-up 10 burpees 15 oblique twists | 6 10 plank to push-up 10 burpees 20 oblique twists ¹ | 7 10 plank to push-up 10 burpees 20 oblique twists |
| 8 rest (or push it!) | 9 10 plank to push-up 15 burpees 25 oblique twists | 10 10 plank to push-up 15 burpees 25 oblique twists | 11 15 plank to push-up 15 burpees 30 oblique twists | 12 15 plank to push-up 20 burpees 30 oblique twists | 13 15 plank to push-up 20 burpees 35 oblique twists | 14 15 plank to push-up 20 burpees 35 oblique twists |
| 15 rest (or push it!) | 16 20 plank to push-up 25 burpees 40 oblique twists | 17 20 plank to push-up 25 burpees 40 oblique twists | 18 20 plank to push-up 25 burpees 50 oblique twists | 19 20 plank to push-up 30 burpees 50 oblique twists | 20 25 plank to push-up 30 burpees 55 oblique twists | 21 25 plank to push-up 30 burpees 55 oblique twists |
| 22 rest (or push it!) | 23 25 plank to push-up 35 burpees 60 oblique twists | 24 25 plank to push-up 35 burpees 60 oblique twists | 25 30 plank to push-up 35 burpees 65 oblique twists | 26 30 plank to push-up 40 burpees 65 oblique twists | 27 30 plank to push-up 40 burpees 70 oblique twists | 28 30 plank to push-up 40 burpees 70 oblique twists |
| 29 rest (or push it!) | 30 35 plank to push-up 45 burpees 75 oblique twists | | | | | |