

# Mix-It-Up May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10s plank 10 donkey kicks 10 ceiling stompers 5 arm dips	2 15s plank 10 donkey kicks 10 ceiling stompers 5 arm dips	3 20s plank 15 donkey kicks 15 ceiling stompers 5 arm dips	4 20s plank 15 donkey kicks 15 ceiling stompers 10 arm dips	5 25s plank 20 donkey kicks 20 ceiling stompers 10 arm dips
6 rest (or push it!)	7 25s plank 20 donkey kicks 20 ceiling stompers 10 arm dips	8 30s plank 25 donkey kicks 25 ceiling stompers 15 arm dips	9 30s plank 25 donkey kicks 25 ceiling stompers 15 arm dips	10 35s plank 30 donkey kicks 30 ceiling stompers 15 arm dips	11 35s plank 30 donkey kicks 30 ceiling stompers 20 arm dips	12 40s plank 35 donkey kicks 35 ceiling stompers 20 arm dips
13 rest (or push it!)	14 45s plank 35 donkey kicks 35 ceiling stompers 20 arm dips	15 45s plank 40 donkey kicks 40 ceiling stompers 25 arm dips	16 50s plank 40 donkey kicks 40 ceiling stompers 25 arm dips	17 50s plank 50 donkey kicks 50 ceiling stompers 25 arm dips	18 55s plank 50 donkey kicks 50 ceiling stompers 30 arm dips	19 55s plank 55 donkey kicks 55 ceiling stompers 30 arm dips
20 rest (or push it!)	21 60s plank 55 donkey kicks 55 ceiling stompers 30 arm dips	22 60s plank 60 donkey kicks 60 ceiling stompers 35 arm dips	23 70s plank 60 donkey kicks 60 ceiling stompers 35 arm dips	24 70s plank 65 donkey kicks 65 ceiling stompers 35 arm dips	25 90s plank 65 donkey kicks 65 ceiling stompers 40 arm dips	26 90s plank 70 donkey kicks 70 ceiling stompers 40 arm dips
27 rest (or push it!)	28 100s plank 70 donkey kicks 70 ceiling stompers 40 arm dips	29 100s plank 75 donkey kicks 75 ceiling stompers 45 arm dips	30 120s plank 75 donkey kicks 75 ceiling stompers 45 arm dips	31 120s plank 75 donkey kicks 75 ceiling stompers 45 arm dips	www.CribNotesKelly.com	