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|  | December 2020#30dayjoychallenge |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | 10 Floor Push-ups10 Bicep Curls | One Mile Walk30 Second Plank | One Mile Walk5 Tricep Dips | 20 Shoulder Press 15 Bicep Curl | One Mile Walk45 Second Plank |
| 620 Bicep Curls10 Tricep Overhead Press | 720 Minute Walk/Run Interval 10 Push-ups | 815 Floor Push-ups10 Bicep Curls | 9One Mile Walk10 Tricep Dips | 1020 Bicep Curls10 Tricep Overhead Press | 11One Mile Walk20 Kick Backs | 1220 Bicep Curls20 Tricep Overhead Press |
|  |  |  |  |  |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 Minute Walk/Run Interval 10 Push-ups | 20 Floor Push-ups10 Bicep Curls | One Mile Walk10 Tricep Dips | 20 Bicep Curls20 Triceps Overhead Press | One Mile WalkOne Minute Plank | 20 Bicep Curls20 Tricep Overhead Press | 20 Minute Walk/Run Interval 10 Push-ups |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 20 Bicep Curls20 Tricep Overhead Press | One Mile Walk20 Kick Backs | 25 Floor Push-ups20 Bicep Curls | One Mile Walk15 Tricep Dips | 20 Bicep Curls20 Tricep Overhead Press | 20 Shoulder Press 20 Bicep Curl | One Mile Walk20 Kick Backs |
| 27 | 28 | 29 | 30 |  |  |  |
| One Mile Walk15 Tricep Dips | 30 Floor Push-ups20 Bicep Curls | 20 Shoulder Press 20 Bicep Curl | One Mile WalkOne Minute Plank |  |  |  |