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| --- | --- | --- | --- | --- | --- | --- |
|  | | December 2020  #30dayjoychallenge | | |  | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | 10 Floor Push-ups  10 Bicep Curls | One Mile Walk  30 Second Plank | One Mile Walk  5 Tricep Dips | 20 Shoulder Press  15 Bicep Curl | One Mile Walk  45 Second Plank |
| 6  20 Bicep Curls  10 Tricep Overhead Press | 7  20 Minute Walk/Run Interval  10 Push-ups | 8  15 Floor Push-ups  10 Bicep Curls | 9  One Mile Walk  10 Tricep Dips | 10  20 Bicep Curls  10 Tricep Overhead Press | 11  One Mile Walk  20 Kick Backs | 12  20 Bicep Curls  20 Tricep Overhead Press |
|  |  |  |  |  |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 Minute Walk/Run Interval  10 Push-ups | 20 Floor Push-ups  10 Bicep Curls | One Mile Walk  10 Tricep Dips | 20 Bicep Curls  20 Triceps Overhead Press | One Mile Walk  One Minute Plank | 20 Bicep Curls  20 Tricep Overhead Press | 20 Minute Walk/Run Interval  10 Push-ups |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 20 Bicep Curls  20 Tricep Overhead Press | One Mile Walk  20 Kick Backs | 25 Floor Push-ups  20 Bicep Curls | One Mile Walk  15 Tricep Dips | 20 Bicep Curls  20 Tricep Overhead Press | 20 Shoulder Press  20 Bicep Curl | One Mile Walk  20 Kick Backs |
| 27 | 28 | 29 | 30 |  |  |  |
| One Mile Walk  15 Tricep Dips | 30 Floor Push-ups  20 Bicep Curls | 20 Shoulder Press  20 Bicep Curl | One Mile Walk  One Minute Plank |  |  |  |