

ARM CIRCLES

FEBRUARY FITNESS CHALLENGE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 30 Seconds (15 Seconds Each Direction)	2 Rest day!	3 Rest day!
4 50 Seconds (25 Seconds Each Direction)	5 1 Minute (30 Seconds Each Direction)	6 1 minute 10 Seconds (35 Seconds Each Direction)	7 1 Minute 20 Seconds (40 Seconds Each Direction)	8 1 Minute 30 Seconds (45 Seconds Each Direction)	9 Rest day!	10 Rest day!
11 1 Minute 50 Seconds (55 Seconds Each Direction)	12 2 Minutes (1 Minute Each Direction)	13 2 Minutes 10 Seconds (1 Minute 5 Seconds Each Direction)	14 2 Minutes 20 Seconds (1 Minute 10 Seconds Each Direction)	15 2 Minutes 30 Seconds (1 Minute 15 Seconds Each Direction)	16 Rest day!	17 Rest day!
18 Bonus Rest day!	19 2 Minutes 50 Seconds (1 Minute 25 Seconds Each Direction)	20 3 Minutes (1 Minute 30 Seconds Each Direction)	21 3 Minutes 10 Seconds (1 Minute 35 Seconds Each Direction)	22 3 Minutes 20 Seconds (1 Minute 40 Seconds Each Direction)	23 Rest day!	24 Rest day!
25 3 Minutes 40 Seconds (1 Minute 50 Seconds Each Direction)	26 4 Minutes (2 Minutes Each Direction)	27 4 Minutes 20 Seconds (2 Minutes 10 Seconds Each Direction)	28 4 Minutes 30 Seconds (2 Minutes 20 Seconds Each Direction)			