

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <u>21 Days Until Fall</u> 21 Crunches... 21 glute bridges	2 <u>20 Days Until Fall</u> 20 Supermans, 20 Butterfly Kicks	3 <u>19 Days Until Fall</u> 19 Jumping Jacks and 19 plie squats	4 <u>18 Days Until Fall</u> 18 shuffles - 18 times each side	5 <u>17 Days Until Fall</u> 17 Burpees/Pushups and 17 crab walks
6 <u>16 Days Until Fall</u> 16 Skater Lunges and 16 bear crawls	7 <u>15 Days Until Fall</u> 15 Tricep Dips & 15 tricep pushups	8 <u>14 Days Until Fall</u> 14 Mountain Climbers & 14 reverse mountain climbers	9 <u>13 Days Until Fall</u> 13 Star Jumps & 13 side plank dips	10 <u>12 Days Until Fall</u> 12 Plank Jacks & Share our online membership ad link & Tag 12 friends/family	11 <u>11 Days Until Fall</u> 11 minute ab workout (or try virtual CX Worx) & do 11 minute stair runs or walk	12 <u>10 Days Until Fall</u> 10 Box Jumps or weighted step ups & 10 minute stretch
13 <u>9 Days Until Fall</u> 9 pull ups/ assisted pull ups & 9 plank walks each side	14 <u>8 Days Until Fall</u> Invite 8 friends to our pop up Jam Class!! & do an 8 minute roller session	15 <u>7 Days Until Fall</u> 7 min jump rope (can split up or do w/o rope) Get a friend to sign up for a free 7 day trial at BB	16 <u>6 Days Until Fall</u> 6 - One Minute Wall Sits & 6 lunges	17 <u>5 Days Until Fall</u> 5 1-minute planks & 5 one minute Sprints/fast walk	18 <u>4 Days Until Fall</u> Do a 4 mile Walk/Run & challenge 4 friends as well	19 <u>3 Days Until Fall</u> Participate in our world united 3 class LM taster & get \$3 off a recovery recovery drink from TBN
20 <u>2 Days Until Fall</u> 2-A-Day Workout (Complete 2 workouts) and 2 minutes of relaxation/meditation	21 <u>1 Day Until Fall</u> Try 1 *new class & (*haven't done in 30 days) & Try 1 handstand wall push up	22  1st Day of Fall!! Challenge Compete!	23	24	25	26
27	28	29	30	1	2	3
4 Please modify exercises for safety if needed	5	<p>Complete the daily challenge each day and enter your name into our drawing - post on social media a picture of you completing your challenge & tag Body Boutique and enter your name twice!</p> <p>Winner will be drawn and will receive a Body Boutique Tumbler and Free Spray tan!</p> <p>Bonus: For every class you take at Body Boutique during those 21 days you can put your name in the drawing an additional time! Everyone who participates receives a coupon for a 1/2 price level 1 combo at TBN! Complete the entire month and receive coupon for 30 days of 1/2 price Level 3 teas at TBN!</p>				