



SEPTEMBER 2024

Name: _____
Position: _____

CHALLENGE
12
DAYS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---------|---|--|---|----------|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| 08 | 09 | 10 | 11 | 12 for level 3/4 superman pose | 13 20 SIT UPS or more | 14 |
| 15 | 16 level 3/4 scan QR code for Assemblé practice | 17 | 18 | 19 | 20 | 21 |
| 22 PLIÉ (PLEE-YE) BENDING THE KNEES | 23 | 24 | 25 level 3/4 scan QR code for Assemblé practice | 26 | 27 for level 3/4 60 seconds plank | 28 |
| 29 | 30 Scan the QR code TAKE THE QUIZ AND WATCH THE VIDEO | | | | | |