

2020

CALENDAR YEAR

MAY

CALENDAR MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Follow Aztec.Wrestling.Challenge on Instagram</p>	May 5, 2020 Day 1: 400 Jumping jacks, 1 legged stability hop for 1 minute each side	May 6, 2020 Day 2: 5 sets of 20 mountain climbers	May 7, 2020 Day 3: 5 sets of 1 minute plank, 50 scissor lunges	May 8, 2020 Day 4: 25 push ups, 25 sit ups, 25 squats	May 9, 2020 Day 5: 500 Jumping Jacks, 1 leg stability hop for 1 minute each side, jump rope 4 minutes	May 10, 2020 Day 6: 5 sets of 10 Burpees
May 11, 2020	May 12, 2020	May 13, 2020	May 14, 2020	May 15, 2020	May 16, 2020	May 17, 2020
Day 7: 6-minute stance & motion	Day 8: 10 - 40 yard sprints	Day 9: 500 Jumping Jacks, 1 leg stability hop for 1 minute each side, jump rope 4 minutes	Day 10: 5 sets of 25 mountain climbers	Day 11: 6 sets of 1 minute planks, 50 scissor lunges	Day 12: 35 push ups, 35 situps, and 35 squats	Day 13: 1000 Jumping Jacks, 1 leg stability hop for 1 minute each side, jump rope 5 minutes
May 18, 2020	May 19, 2020	May 20, 2020	May 21, 2020	May 22, 2020	May 23, 2020	May 24, 2020
Day 14: 7 sets of 10 Burpees	Day 15: 6 minute stance & motion	Day 16: 10, 40-yard sprints	Day 17: Burpee Pyramid: Start at 10 and work your way down to 1, then work back up, 10,9,8 etc..	Day 18: 6 sets of 30 mountain climbers	Day 19: 7 sets of 1-minute plank, 50 scissor lunges	Day 20: 40 push ups, 40 situps and 40 squats
May 25, 2020	May 26, 2020	May 27, 2020	May 28, 2020	May 29, 2020	May 30, 2020	May 31, 2020
Day 21: 1500 Jumping Jacks, 1 leg stability hop for 1 minute each side, jump rope 6 minutes	Day 22: 10 sets of 10 Burpees	Day 23: 6 minute stance & motion	Day 24: 10, 40-yard sprints	Day 25: Time how long you can jump on 1 foot	Day 26: Count your Maximum Push ups	Day 27: Burpee Pyramid: Start at 12 and work your way down to 1, then work back up, 12, 11, 10 etc..
June 1, 2020	02	03	04	05	06	07
Day 28: 10 40-yard sprints followed by 6 minute stance & motion						