

The 6 x 6 SUMMER SHAKE UP CHALLENGE

6 workouts. 6 days. 6 weeks.

How did you get moving today?

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						
WEEK 6						

