


# PUT MORE IN... GET MORE AWESOME OUT!

**CHALLENGE  
ACCEPTED!**

Use this calendar  
on your journey  
to a healthier you!

## JULY FITNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 1</b> 1 PUSH UPS 1 SQUAT 1 SIT UPS/ CRUNCH 1 BURPEE/ JUMPING JACK	<b>JULY 2</b> 2 PUSH UPS 2 SQUATS 2 SIT UPS/ CRUNCHES 2 BURPEES/ JUMPING JACKS	<b>JULY 3</b> 3 PUSH UPS 3 SQUATS 3 SIT UPS/ CRUNCHES 3 BURPEES/ JUMPING JACKS	<b>JULY 4</b> 4 PUSH UPS 4 SQUATS 4 SIT UPS/ CRUNCHES 4 BURPEES/ JUMPING JACKS	<b>JULY 5</b> 5 PUSH UPS 5 SQUATS 5 SIT UPS/ CRUNCHES 5 BURPEES/ JUMPING JACKS	<b>JULY 6</b> 6 PUSH UPS 6 SQUATS 6 SIT UPS/ CRUNCHES 6 BURPEES/ JUMPING JACKS	<b>JULY 7</b> 7 PUSH UPS 7 SQUATS 7 SIT UPS/ CRUNCHES 7 BURPEES/ JUMPING JACKS
<b>JULY 8</b> 8 PUSH UPS 8 SQUATS 8 SIT UPS/ CRUNCHES 8 BURPEES/ JUMPING JACKS	<b>JULY 9</b> 9 PUSH UPS 9 SQUATS 9 SIT UPS/ CRUNCHES 9 BURPEES/ JUMPING JACKS	<b>JULY 10</b> 10 PUSH UPS 10 SQUATS 10 SIT UPS/ CRUNCHES 10 BURPEES/ JUMPING JACKS	<b>JULY 11</b> 11 PUSH UPS 11 SQUATS 11 SIT UPS/ CRUNCHES 11 BURPEES/ JUMPING JACKS	<b>JULY 12</b> 12 PUSH UPS 12 SQUATS 12 SIT UPS/ CRUNCHES 12 BURPEES/ JUMPING JACKS	<b>JULY 13</b> 13 PUSH UPS 13 SQUATS 13 SIT UPS/ CRUNCHES 13 BURPEES/ JUMPING JACKS	<b>JULY 14</b> 14 PUSH UPS 14 SQUATS 14 SIT UPS/ CRUNCHES 14 BURPEES/ JUMPING JACKS
<b>JULY 15</b> 15 PUSH UPS 15 SQUATS 15 SIT UPS/ CRUNCHES 15 BURPEES/ JUMPING JACKS	<b>JULY 16</b> 16 PUSH UPS 16 SQUATS 16 SIT UPS/ CRUNCHES 16 BURPEES/ JUMPING JACKS	<b>JULY 17</b> 17 PUSH UPS 17 SQUATS 17 SIT UPS/ CRUNCHES 17 BURPEES/ JUMPING JACKS	<b>JULY 18</b> 18 PUSH UPS 18 SQUATS 18 SIT UPS/ CRUNCHES 18 BURPEES/ JUMPING JACKS	<b>JULY 19</b> 19 PUSH UPS 19 SQUATS 19 SIT UPS/ CRUNCHES 19 BURPEES/ JUMPING JACKS	<b>JULY 20</b> 20 PUSH UPS 20 SQUATS 20 SIT UPS/ CRUNCHES 20 BURPEES/ JUMPING JACKS	<b>JULY 21</b> 21 PUSH UPS 21 SQUATS 21 SIT UPS/ CRUNCHES 21 BURPEES/ JUMPING JACKS
<b>JULY 22</b> 22 PUSH UPS 22 SQUATS 22 SIT UPS/ CRUNCHES 22 BURPEES/ JUMPING JACKS	<b>JULY 23</b> 23 PUSH UPS 23 SQUATS 23 SIT UPS/ CRUNCHES 23 BURPEES/ JUMPING JACKS	<b>JULY 24</b> 24 PUSH UPS 24 SQUATS 24 SIT UPS/ CRUNCHES 24 BURPEES/ JUMPING JACKS	<b>JULY 25</b> 25 PUSH UPS 25 SQUATS 25 SIT UPS/ CRUNCHES 25 BURPEES/ JUMPING JACKS	<b>JULY 26</b> 26 PUSH UPS 26 SQUATS 26 SIT UPS/ CRUNCHES 26 BURPEES/ JUMPING JACKS	<b>JULY 27</b> 27 PUSH UPS 27 SQUATS 27 SIT UPS/ CRUNCHES 27 BURPEES/ JUMPING JACKS	<b>JULY 28</b> 28 PUSH UPS 28 SQUATS 28 SIT UPS/ CRUNCHES 28 BURPEES/ JUMPING JACKS
<b>JULY 29</b> 29 PUSH UPS 29 SQUATS 29 SIT UPS/ CRUNCHES 29 BURPEES/ JUMPING JACKS	<b>JULY 30</b> 30 PUSH UPS 30 SQUATS 30 SIT UPS/ CRUNCHES 30 BURPEES/ JUMPING JACKS	<b>JULY 31</b> 31 PUSH UPS 31 SQUATS 31 SIT UPS/ CRUNCHES 31 BURPEES/ JUMPING JACKS	Congratulations on all the healthy decisions you made! Visit our YouTube Channel to check out our July Fitness Challenge demo video.			

Our July challenge places focus on getting stronger one day at a time. These exercises do not need to be completed in a row. Split them up throughout the day if that is right for you. The "I" symbol means either/or exercise. You can also modify the exercises to your fitness level.



**YMCA OF LONG ISLAND**

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BAY SHORE

GLEN COVE

HUNTINGTON

EAST HAMPTON

HOLTSVILLE

PATCHOGUE