

# 6 Week **Summer Strong** Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	June 21 <b>1</b> Prep/Rest	June 22 <b>2</b> Cardio	June 23 <b>3</b> Abs & Arms	June 24 <b>4</b> Cardio	June 25 <b>5</b> Legs & Booty	June 26 <b>6</b> Cardio	June 27 <b>7</b> Recovery
Week 2	June 28 <b>8</b> Prep/Rest	June 29 <b>9</b> Cardio	June 30 <b>10</b> Abs & Arms	July 1 <b>11</b> Cardio	July 2 <b>12</b> Legs & Booty	July 3 <b>13</b> Cardio	July 4 <b>14</b> Recovery
Week 3	July 5 <b>15</b> Prep/Rest	July 6 <b>16</b> Cardio	July 7 <b>17</b> Abs & Arms	July 8 <b>18</b> Cardio	July 9 <b>19</b> Legs & Booty	July 10 <b>20</b> Cardio	July 11 <b>21</b> Recovery
Week 4	July 12 <b>22</b> Prep/Rest	July 13 <b>23</b> Cardio	July 14 <b>24</b> Abs & Arms	July 15 <b>25</b> Cardio	July 16 <b>26</b> Legs & Booty	July 17 <b>27</b> Cardio	July 18 <b>28</b> Recovery
Week 5	July 19 <b>29</b> Prep/Rest	July 20 <b>30</b> Cardio	July 21 <b>31</b> Abs & Arms	July 22 <b>32</b> Cardio	July 23 <b>33</b> Legs & Booty	July 24 <b>34</b> Cardio	July 25 <b>35</b> Recovery
Week 6	July 26 <b>36</b> Prep/Rest	July 27 <b>37</b> Cardio	July 28 <b>38</b> Abs & Arms	July 29 <b>39</b> Cardio	July 30 <b>40</b> Legs & Booty	July 31 <b>41</b> Cardio	August 1 <b>42</b> Recovery