



STEPPIN' TO SPRING CHALLENGE

M	T	W	T	F	S	S
	Spring into the season 10 toe touches 10 high knees 10 calf raises 10 toe touches	Live life in full bloom 30 Push-ups Break it out throughout day or all at one time	Where my beaches at? Call up a friend, send a text, and make your best "beach" smile.	Egg-cellent to your Core 20 Russian Twists 10 Burpees 20 Russian Twists 10 Burpees	Thaw out for spring 10 inchworms 10 bear crawls Repeat 2x	Let's wet our plants This is a great time to plant a kitchen herb garden or get yourself some flowers.
Bunny Hop 10 jump-squats 10 jumping jacks Repeat 4x	You won't push up daisies! 50 push-ups Variations Diamond, Knee, Wall, Regular, Elevated	You Grow Girl Time to practice some positive self-talk. List 5 accomplishments.	Spring in your step 40 Jumping Jack(ies) or 2 min jumprope	Resting beach face 15 min meditation or yoga	Spring Cleaning Spend 20 minutes cleaning out a drawer, closet, etc. throw out or donate.	It's Thyme to Spring Forward 10 forward or walking lunges Each side x4
Petal to the Metal 10 push-ups 10 high-knees 10 push-ups 10 high-knees	Feelin' Peachy 10 bridges 20 lunges each side 10 squats Repeat 3x	Aloe you vera much Self-love selfie time, blow yourself a kiss and a wink and post that seflie!	Turn over a new leaf 30 sec plank 5 downward dogs 5 inchworms 1 min wall-sit Repeat 4x	Seas the Day Row to shore with 10 upright rows then add a 1-mile walk	Let's Glow Up Make a list of skills you wish you had. Research classes to make them a reality.	What a re-leaf it's finally spring. Set 4 different times aside today to strike a 1-minute tree pose
Turn over a new leaf 10 Super(wo)mans 5 Deadbugs 5 Super(wo)mans 10 Deadbugs	Don't kale my spring vibes Try a new veggie laden recipe and share it with the group.	Let's be beach-y Hide or unfollow 5 social media accounts that don't make you "glow".	SEAsing spring 30 sec plank 10 deadbugs Repeat 4x	Bloom, baby, bloom 10 push-ups 5 tricep dips Repeat 6x	Time for Spring Break Take a break, spend some time in quiet and gratitude with zero screentime	Let's Spring Roll Foam roll 10 min followed by 3-20 sec wall sits
Hey there, hop stuff 10 butt kicks 10 high knees 10 jump squats repeat 3x	Chick you out 10 upright rows 20 pushups repeat x4	Wine(d) down for Spring Spend 20 minutes unwinding with a yoga routine.	Last bud not least 20 Russian Twists 10 Burpees 20 Russian Twists 10 Inchworms 20 Burpees			