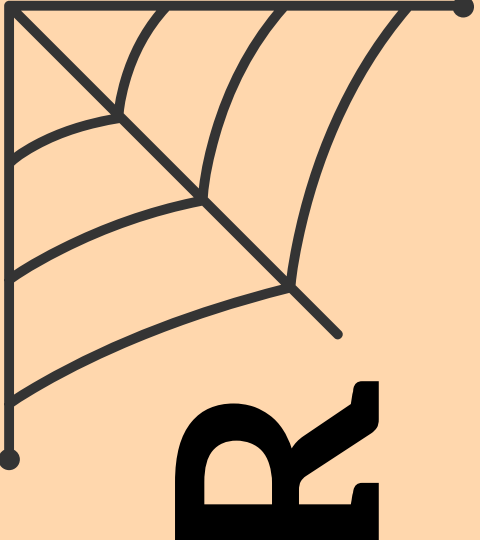
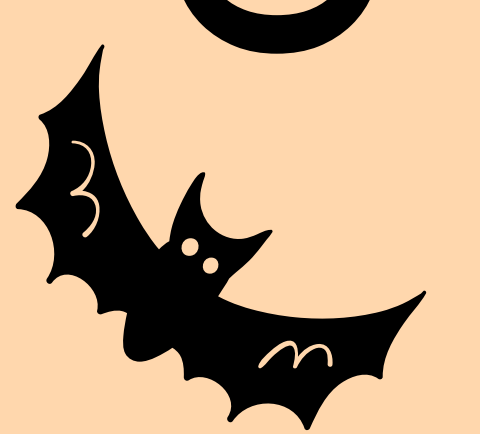




# OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	Instruction: Each days exercises should be completed 3x (can be up to 5x for those who want more of a challenge). Make sure you are also warming up before performing these exercise and stretching after completing these exercises. (Stretches examples: Pancake (Straddle) stretch, Pike Stretch, Bridges, and Splits)			1 <ul style="list-style-type: none"> <li>10 Passe to Releve (each leg)</li> <li>10 Burpees</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> </ul>	2 <ul style="list-style-type: none"> <li>10 Tuck Jumps, Freeze</li> <li>15 Push Ups</li> <li>20 Sit Ups</li> <li>Pike Stretch (30 s.)</li> </ul>	3 <ul style="list-style-type: none"> <li>V Sit (10 s.)</li> <li>Bridge - straight arms (10 s.)</li> <li>Straddle Stretch (30 s.)</li> </ul> 
4 <ul style="list-style-type: none"> <li>Hollow Hold (20 s.)</li> <li>15 Push Ups</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> <li>10 Tuck Jumps</li> </ul>	5 <ul style="list-style-type: none"> <li>10 Candlestick, Straight Jumps</li> <li>10 Burpees</li> <li>Straddle Press "L" Hold on Floor (5 s.)</li> </ul>	6 <ul style="list-style-type: none"> <li>10 V Ups</li> <li>Front Support Hold (30 s.)</li> <li>10 Side Cartwheels</li> <li>Splits (10 s. each)</li> </ul>	7 <ul style="list-style-type: none"> <li>Handstand hold against wall (10 s.)</li> <li>20 Sit Ups</li> <li>10 Tuck Jumps</li> <li>Bridge (10 s.)</li> </ul>	8 Your Choice Day - Stretch and Exercise!	9 <ul style="list-style-type: none"> <li>10 Passe to Releve (each leg)</li> <li>10 Burpees</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> </ul>	10 <ul style="list-style-type: none"> <li>10 Tuck Jumps, Freeze</li> <li>15 Push Ups</li> <li>20 Sit Ups</li> <li>Pike Stretch (30 s.)</li> </ul>
11 <ul style="list-style-type: none"> <li>V Sit (10 s.)</li> <li>Bridge - straight arms (10 s.)</li> <li>Straddle Stretch (30 s.)</li> </ul>	12 <ul style="list-style-type: none"> <li>10 Passe to Releve (each leg)</li> <li>10 Burpees</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> </ul>	13 <ul style="list-style-type: none"> <li>Hollow Hold (20 s.)</li> <li>15 Push Ups</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> <li>10 Tuck Jumps</li> </ul>	14 Your Choice Day - Stretch and Exercise!	15 <ul style="list-style-type: none"> <li>10 V Ups</li> <li>Front Support Hold (30 s.)</li> <li>10 Side Cartwheels</li> <li>Splits (10 s. each)</li> </ul>	16 <ul style="list-style-type: none"> <li>Handstand hold against wall (10 s.)</li> <li>20 Sit Ups</li> <li>10 Tuck Jumps</li> <li>Bridge (10 s.)</li> </ul>	17 <ul style="list-style-type: none"> <li>10 Passe to Releve (each leg)</li> <li>10 Burpees</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> </ul>
18 <ul style="list-style-type: none"> <li>10 Candlestick, Straight Jumps</li> <li>10 Burpees</li> <li>Straddle Press "L" Hold on Floor (5 s.)</li> </ul>	19 <ul style="list-style-type: none"> <li>V Sit (10 s.)</li> <li>Bridge - straight arms (10 s.)</li> <li>Straddle Stretch (30 s.)</li> </ul>	20 Your Choice Day - Stretch and Exercise!	21 <ul style="list-style-type: none"> <li>10 Tuck Jumps, Freeze</li> <li>15 Push Ups</li> <li>20 Sit Ups</li> <li>Pike Stretch (30 s.)</li> </ul>	22 <ul style="list-style-type: none"> <li>Hollow Hold (20 s.)</li> <li>15 Push Ups</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> <li>10 Tuck Jumps</li> </ul>	23 <ul style="list-style-type: none"> <li>10 V Ups</li> <li>Front Support Hold (30 s.)</li> <li>10 Side Cartwheels</li> <li>Splits (10 s. each)</li> </ul>	24 <ul style="list-style-type: none"> <li>Handstand hold against wall (10 s.)</li> <li>20 Sit Ups</li> <li>10 Tuck Jumps</li> <li>Bridge (10 s.)</li> </ul>
25 <ul style="list-style-type: none"> <li>10 Passe to Releve (each leg)</li> <li>10 Burpees</li> <li>Splits (10 s. each)</li> <li>10 Straight Jumps</li> </ul>	26 Your Choice Day - Stretch and Exercise!	27 <ul style="list-style-type: none"> <li>V Sit (10 s.)</li> <li>Bridge - straight arms (10 s.)</li> <li>Straddle Stretch (30 s.)</li> </ul>	28 <ul style="list-style-type: none"> <li>Handstand hold against wall (10 s.)</li> <li>20 Sit Ups</li> <li>10 Tuck Jumps</li> <li>Bridge (10 s.)</li> </ul>	29 <ul style="list-style-type: none"> <li>10 Tuck Jumps, Freeze</li> <li>15 Push Ups</li> <li>20 Sit Ups</li> <li>Pike Stretch (30 s.)</li> </ul>	30 <ul style="list-style-type: none"> <li>10 V Ups</li> <li>Front Support Hold (30 s.)</li> <li>10 Side Cartwheels</li> <li>Splits (10 s. each)</li> </ul>	31 <b>HAPPY HALLOWEEN</b>