

31-DAY CROSS-TRAINING CHALLENGE

DAY 1 ○ Routine 1	DAY 2 ○ Walk	DAY 3 ○ Routine 1	DAY 4 ○ Walk	DAY 5 ○ Routine 1	DAY 6 ○ Walk	DAY 7 ○ Routine 1
DAY 8 ○ Walk	DAY 9 ○ Routine 1	DAY 10 ○ Walk	DAY 11 ○ Routine 1	DAY 12 ○ Walk	DAY 13 ○ Routine 1	DAY 14 ○ Walk
DAY 15 ○ Routine 2	DAY 16 ○ Walk	DAY 17 ○ Routine 2	DAY 18 ○ Walk	DAY 19 ○ Routine 2	DAY 20 ○ Walk	DAY 21 ○ Routine 2
DAY 22 ○ Walk	DAY 23 ○ Routine 2	DAY 24 ○ Walk	DAY 25 ○ Routine 2	DAY 26 ○ Walk	DAY 27 ○ Routine 2	DAY 28 ○ Walk
DAY 29 ○ Routine 2	DAY 30 ○ Walk	DAY 31 ○ Routine 2				

