

THE 28 DAY

ReBOOT your body CHALLENGE

#ReBootYourBody

GET HEALTHY **U**



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors	10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors	10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors	10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors	Treat Yourself To A ReBoot Reward! (see our suggestion list)	10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors	10 Push Ups 10 Squats or Squat Jumps 10 Sweeping Scissors
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges	15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges	15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges	15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges	Treat Yourself To A ReBoot Reward! (see our suggestion list)	15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges	15 Push Ups 15 Squats or Squat Jumps 15 Sweeping Scissors 15 Walking Lunges
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl	20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl	20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl	20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl	Treat Yourself To A ReBoot Reward! (see our suggestion list)	20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl	20 Push Ups 20 Squats or Squat Jumps 20 Sweeping Scissors 20 Walking Lunges 20 Army Crawl
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl	25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl	25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl	25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl	Treat Yourself To A ReBoot Reward! (see our suggestion list)	25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl	25 Push Ups 25 Squats or Squat Jumps 25 Sweeping Scissors 25 Walking Lunges 25 Army Crawl