

CT180 TOTAL BODY BOOTCAMP Challenge

Change your body. Be transformed by the renewing of your mind.

Let's work, Warrior Squad !

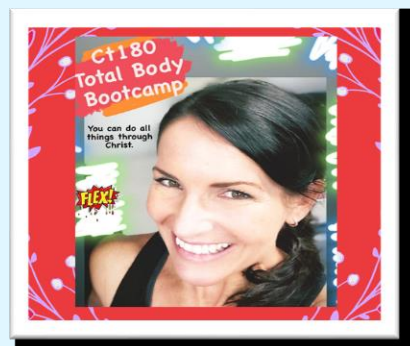
Aim to complete at least 150 minutes of cardio activity per week, completing the suggested cardio workouts+ or picking one that works for you.

*Complete each week's 'Lean in 15 Total Body Finishers'.

*Follow our 'Health Transformation Daily Checklist and Fat Burning Guide' for accelerated results.

+All workouts for this challenge are located in the Ct180 library and in your account, under 'Total Body BootCamp'.

*Find the devotionals that accompany our Bible Meditations at <https://s3.amazonaws.com/ns.downloads/newspring/collection/studies/SeekFirst.28dayChallenge.pdf>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Challenge begins tomorrow!	31 Cardio: Total Body BootCamp - PHA Fat burn Abs Bonus: Stay Fit Challenge – Fast Abs 3 Bible Meditation: John 3:16	1 Cardio: Fierce in 10 Kickboxing Lean in 15 Total Body Finisher – Legs and Chest Bible Meditation: John 14:6	2 Cardio: Fierce in 10 Tabata Workout and One Mile Walk/Run Lean in 15 Total Body Finisher – Arms, Abs and Shoulders Bible Meditation: Psalm 119-9-11	3 Cardio: Fierce in 10 Fat Burning Lean in 15 Total Body Finisher – Chest, Buns & Triceps Bible Meditation: Mark 1:35	4 Cardio: Beginner's Boot Camp or Boot Camp Revamped Bible Meditation: Matthew 6:14-15	5 Cardio: Circuit Total Body and Two Mile Walk/Run Abs Bonus: Stay Fit Challenge – Abs Bonus Bible Meditation: Colossians 3:23-24
6 Stretch: Choose a workout from the 'stretch' category Bible Meditation: Romans 14:13	7 Cardio: Stay Fit Challenge – Cardio Core Lean in 15 Total Body Finisher – Legs and Shoulders Bible Meditation: 1 John 1:8-9	8 Cardio: Total Body BootCamp – Boxing Total Body and 1.5 Mile Walk/Run Bible Meditation: Ephesians 3:20	9 Cardio: Stay Fit Challenge – Hiit Fit Lean in 15 Total Body Finisher – Abs, Back and Biceps Bible Meditation: Philippians 4:12-13	10 Cardio: Calorie Crush Lean in 15 Total Body Finisher – Chest, Buns and Triceps Bible Meditation: Matthew 6:31-34	11 Cardio: Having A Ball Total Body or Stay Fit Challenge – BootCamp Blast Low Impact Abs Bonus: Summer Fit – Plank Challenge Bible Meditation: Philippians 4:6-7	12 Cardio: Hi-Lo Hiit It or Low Impact in a Snap and 1.5-2.5 Mile Walk/Run Bible Meditation: Matthew 20:32-34

<p style="text-align: right;">13</p> <p>Stretch: Choose a workout from the 'stretch' category</p> <p>Bible Meditation: Ephesians 4:1-2</p>	<p style="text-align: right;">14</p> <p>Cardio: Total Body BootCamp – Top to Bottom Boot Camp</p> <p>Abs Bonus: Stay Home Challenge – Fab Abs</p> <p>Bible Meditation: James 1:17</p>	<p style="text-align: right;">15</p> <p>Cardio: Stay Home Challenge – Beginner's Boot Camp 2 or Stay Home Challenge – FitCamp BootCamp Express</p> <p>Lean in 15 Total Body Finisher – Legs and Buns</p> <p>Bible Meditation: 2 Corinthians 8:7</p>	<p style="text-align: right;">16</p> <p>Cardio: Pilates on the Mat and 2-3 Mile Walk/Run</p> <p>Lean in 15 Total Body Finisher – Abs and Arms</p> <p>Bible Meditation: Matthew 11:28-30</p>	<p style="text-align: right;">17</p> <p>Cardio: Stay Fit Challenge – High Energy Cardio</p> <p>Lean in 15 Total Body Finisher – Shoulders, Chest and Back</p> <p>Bible Meditation: Galatians 6:9</p>	<p style="text-align: right;">18</p> <p>Cardio: Stay Home Challenge – 500 Reps or Lucky 7 Fit Camp</p> <p>Abs Bonus: Summer Fit – Ab Shred or Stay Home Challenge – Stability Ball Abs</p> <p>Bible Meditations: John 10:27-28</p>	<p style="text-align: right;">19</p> <p>Cardio: High Intensity Pyramid Training or Minute to Win It and 2.5-3.5 Mile Walk/Run</p> <p>Bible Meditation: Ephesians 5:1-2</p>
<p style="text-align: right;">20</p> <p>Stretch: Choose a workout from the 'stretch' category</p> <p>Bible Meditation: 1 John 5:13</p>	<p style="text-align: right;">21</p> <p>Cardio: Cardio Box Express 2</p> <p>Lean in 15 Total Body Finisher – Legs and Back</p> <p>Bible Meditation: Proverbs 3:5-6</p>	<p style="text-align: right;">22</p> <p>Cardio: Total Body BootCamp – Fat Burn Shred</p> <p>Abs Bonus: Summer Fit – Abs and Core</p> <p>Bible Meditation: Matthew 7:1-3</p>	<p style="text-align: right;">23</p> <p>Cardio: Summer Fit – Buns and Thighs FitCamp BootCamp or Low Impact Total Body with Weights</p> <p>Lean in 15 Total Body Finisher – Biceps, Chest and Buns</p> <p>Bible Meditation: Matthew 5:43-44</p>	<p style="text-align: right;">24</p> <p>Cardio: Summer Fit – Total Body Tabatas or Tabata-Bing Botta Boom</p> <p>Lean in 15 Total Body Finisher – Triceps, Back and Shoulders</p> <p>Bible Meditation: 1 Peter 3:15</p>	<p style="text-align: right;">25</p> <p>Cardio: Swift Kick or Kickboxing Combos & Abs and One Mile Walk/Run</p> <p>Bible Meditation: 2 Timothy 1:7</p>	<p style="text-align: right;">26</p> <p>Cardio: Total Body Conditioning or Stay Home Challenge – Minute to Win It BootCamp</p> <p>Abs Bonus: Summer Fit – Fit Abs 1</p> <p>Bible Meditation: 1 Chronicles 28:20</p>
<p style="text-align: right;">27</p> <p>Stretch: Pick a workout from the 'stretch' category</p> <p>Bible Meditation: Philippians 1:9</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>			