

# AURORA ON THE MOVE!



Keep your body moving with this 30 day movement challenge!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
5 JUMPING JACKS	HOP ON ONE FOOT - 30 SECONDS	10 ARM ROTATIONS	TOUCH YOUR TOES - HOLD 30 SECONDS	10 JUMP ROPES
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10 JUMPING JACKS	10 TOE TOUCHES	15 HOPS	5 SIT UPS	1 SOMERSAULT
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
5 LEG KICKS	15 ARM ROTATIONS	5 SECOND CRAB WALK	15 JUMPING JACKS	5 PUSH UPS
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
15 JUMP ROPES	5 SIT UPS	20 ARM ROTATIONS	2 SOMERSAULTS	20 JUMPING JACKS
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
1 CARTWHEEL	20 JUMPING JACKS	25 HOPS	15 TOE TOUCHES	10 LEG KICKS
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
5 LUNGES	25 JUMPING JACKS	TOUCH YOUR TOES - HOLD 30 SECONDS	10 LEG KICKS	25 ARM ROTATIONS

