MY COUGAR FITNESS CHALLENGE

TODAY I WILL DO....

☐ 20 SQUATS
☐ 10 PUSH UPS
☐ 20 LUNGES
☐ 30 JUMPING JACKS
☐ 30-SECOND PLANK
☐ 15 ARM CIRCLES EACH ARM
DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.

Our actions and decisions today will shape the way we will be living in the future.

Join C of C Fitness

WE WILL BE LIVE STREAMING MONDAY THROUGH FRIDAY

Core Blast, HIIT, Cougar X and Yoga