

MAY

THE FORCE BE WITH YOU

JEDI TRAINING

ODD NUMBER DAYS

- 20 JUMPING JACKS
- 10 CALF RAISES
- 20 PLANK JACKS
- 10 SQUAT JUMPS



EVEN NUMBER DAYS

- 10 BURPEES
- 10 SQUATS
- 20 MOUNTAIN CLIMBERS
- 20 PLANK KNEE TUCKS

Level 1 - YOUNGLING

Complete 2 Rounds

Level 2 - PADAWAN

Complete 3 rounds

Level 3 - JEDI KNIGHT

Complete 4 rounds

Level 4 - JEDI MASTER

Complete 5 rounds

Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.

Color in each day you complete the exercises.

