

# SUMMER STRONG CHALLENGE

JUNE 1 - JUNE 30

GOAL: COMPLETE 8 STRENGTH-FOCUSED WORKOUTS IN JUNE

1

JUNE TODAY I...

JUNE TODAY I...

5

2

JUNE TODAY I...

JUNE TODAY I...

6

3

JUNE TODAY I...

JUNE TODAY I...

7

4

JUNE TODAY I...

JUNE TODAY I...

8



**GYM  
TIME**

NAME