

WORKOUT

Jump Rope 5 mins
3-5 rounds
30 switch lunges
60 second flutter kicks
30 squats
90 second plank w/leg lift
Walk ½ mile

NUTRITION CHALLENGE

Say **NO** to fast-food today!

HOMEWORK

Plan something active for the weekend!
Hike, Run, Walk, Frisbee, Sand Volleyball, Basketball, Baseball, Football, Golf
Get outside & have some fun!

PICTURE PROOF

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**Post a picture of your favorite pair of tennies that helped you through the
#derbydaydash!!**

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