

#WFH WORKOUT CHALLENGE



HOUR 1 10 STAIRS RUNS/WALKS

HOUR 2 WALK AROUND THE BLOCK

HOUR 3 50 STAR JUMPS

HOUR 4 10 PUSH UPS

HOUR 5 20 STEP UPS

HOUR 6 2 MINUTE PLANK

HOUR 7 15 SIT UPS

HOUR 8 30 SQUATS

DRINK WATER
EAT WELL

FOLLOW
US



@PALEOHERO