

BE STRONG SEPTEMBER EXERCISE PLAN

	Date	Exercise	Goal Time/Reps	Accomplished Time/Reps
<input type="checkbox"/>	Sat 9.1	Jumping Jacks	1 min	
<input type="checkbox"/>	Sun 9.2	Air Squats	10 reps	
<input type="checkbox"/>	Mon 9.3	Modified Pushups	10 reps	
<input type="checkbox"/>	Tue 9.4	Plank	10 sec	
<input type="checkbox"/>	Wed 9.5	High-Knee Marching	1 min	
<input type="checkbox"/>	Thur 9.6	Walking Lunges	10 reps	
<input type="checkbox"/>	Fri 9.7	Chair Dips	10 reps	
<input type="checkbox"/>	Sat 9.8	Jumping Jacks	2 min	
<input type="checkbox"/>	Sun 9.9	Air Squats	20 reps	
<input type="checkbox"/>	Mon 9.10	Modified Pushups	20 reps	
<input type="checkbox"/>	Tue 9.11	Plank	20 sec	
<input type="checkbox"/>	Wed 9.12	High-Knee Marching	2 min	
<input type="checkbox"/>	Thur 9.13	Walking Lunges	20 rep	
<input type="checkbox"/>	Fri 9.14	Chair Dips	20 reps	
<input type="checkbox"/>	Sat 9.15	Jumping Jacks	3 min	
<input type="checkbox"/>	Sun 9.16	Air Squats	30 reps	
<input type="checkbox"/>	Mon 9.17	Modified Pushups	30 reps	
<input type="checkbox"/>	Tues 9.18	Plank	30 sec	
<input type="checkbox"/>	Wed 9.19	High-Knee Marching	3 min	
<input type="checkbox"/>	Thur 9.20	Walking Lunges	30 reps	
<input type="checkbox"/>	Fri 9.21	Chair Dips	30 reps	
<input type="checkbox"/>	Sat 9.22	Jumping Jacks	4 min	
<input type="checkbox"/>	Sun 9.23	Air Squats	40 reps	
<input type="checkbox"/>	Mon 9.24	Modified Pushups	40 reps	
<input type="checkbox"/>	Tues 9.25	Plank	40 sec	
<input type="checkbox"/>	Wed 9.26	High-Knee Marching	4 min	
<input type="checkbox"/>	Thur 9.27	Walking Lunges	40 reps	
<input type="checkbox"/>	Fri 9.28	Chair Dips	40 reps	
<input type="checkbox"/>	Sat 9.29	Jumping Jacks	5 min	
<input type="checkbox"/>	Sun 9.30	Air Squats	50 reps	