

# JUNE

## 7 DAY CHALLENGE

Print this challenge sheet out and make a juicy  mark whenever you have finished the challenge for the day.

| DAY 1   | DAY 2   | DAY 3   | DAY 4   | DAY 5   | DAY 6  | DAY 7   |
|---|---|---|---|---|--|---|
| Live <input type="checkbox"/><br>30 minute<br>"Strength<br>& Balance" | 12 minute <input type="checkbox"/><br>core - No<br>tools + 1 min<br>plank challenge | 8 minute <input type="checkbox"/><br>full body on<br>the mat + 5<br>min mindfulness<br>meditation | Live <input type="checkbox"/><br>30 minute<br>"Power Pilates" | 18 minute <input type="checkbox"/><br>upper body in<br>standing with<br>weights | 20 minute <input type="checkbox"/><br>lower body in<br>standing.<br>Tools: Chair | 26 minute <input type="checkbox"/><br>full body<br>Stretch & Energy<br>- No tools |

\*You can always search for the videos under "categories" or the "search" function in the respective channels

## NOTES

---

---

---

---

---

---

---

---

---

---



RAKEL HEALTHY LIVING

MOVE MIND BODY