

JULY

14 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 recording "Strength & Balance" from 11.07.22 <input type="checkbox"/>	18 minute upper body in standing with weights <input type="checkbox"/>	11 minute full body -standing with the foam roller <input type="checkbox"/>	Live recording "Power Pilates" from 06.07.22 <input type="checkbox"/>	23 minute core with soft overball+ 1 minute plank <input type="checkbox"/>	20 minute lower body with ankle weights <input type="checkbox"/>	23 minute dynamic stretching + 8 minute mindf. meditation <input type="checkbox"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Live recording "Strength & Balance" from 04.07.22 <input type="checkbox"/>	5 minute glutes & thighs + 2 minute plank <input type="checkbox"/>	31 minute full body on the swiss ball <input type="checkbox"/>	12 minute core - no tools <input type="checkbox"/>	20 minute full body on the roller <input type="checkbox"/>	45 minute full body pilates <input type="checkbox"/>	60 minute Stretch & Flow + mini medit. Tools: soft overb, magic c & elastic <input type="checkbox"/>

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

NOTES



RAKEL HEALTHY LIVING

MOVE MIND BODY