



REVEAL YOUR CHAMPION: CROSS TRAIN JULY

WEEK 3: DO IT ALL

Get ready to Reveal Your Champion:

- Open Space Comfortable Clothing Water Bottle Towel Mat Watch/Timer

07/19/2021	07/20/2021	07/21/2021	07/22/2021	07/23/2021	07/24/2021	07/25/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Endurance	Speed & Power	Flexibility	Speed & Agility	Speed & Power	Rest Day
Reps & Sets	Yearn the Burn	Full Force	Shape Shift	Be Nimble	Body Rock	Set your goals for the week!
						
Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	
Recovery Activity: 30 Minute Walk	Recovery Activity: Dynamic Stretching	Recovery Activity: Wellness Wednesday with Sobeyes	Recovery Activity: Find Your Balance	Recovery Activity: Rainbow Breathing	Recovery Activity: Weekend Warrior Flow	GOALS

July Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Give someone a compliment today! How does it make you feel? Log your mood on MyPAHL .	Remember to wash your hands today and every day! This will help keep you healthy!	Write down three things you are grateful for! Pick at least 5 things.	Mindful eating is very important to keep your body healthy! Eat slowly with someone and notice all the scents and flavours!	Take a bath today! Baths can reduce stress and anxiety, and relieve muscle pain!	Grab a chair to sit outside and watch the sunset tonight!	Read for 10 minutes today from your favourite book, magazine, or newspaper!