



NOVEMBER

2026

Full Body Circuit Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 25 Squats	2 10 sec Plank	3 10 Push ups	4 25 Lunges	5 2 Mile Run	6 30 Squats	7 20 sec Plank
8 15 Push ups	9 30 Lunges	10 3 Mile Run	11 35 Squats	12 30 sec Plank	13 20 Push ups	14 35 Lunges
15 4 Mile Run	16 40 Squats	17 40 sec Plank	18 25 Push ups	19 40 Lunges	20 5 Mile Run	21 45 Squats
22 50 sec Plank	23 30 Push ups	24 45 Lunges	25 6 Mile Run	26 50 Squats	27 1 minute Plank	28 35 Push ups
29 50 Lunges	30 7 Mile Run			Email weekly: caroleeluther@gmail.com Advanced: repeat exercises twice daily The power of your core decides how far you can go, not just in miles but in life.		