

Primary Focus
Leg Strength

Secondary Focus
Midline (Core) Strength

Benchmarks
"January Benchmark"
"Jackie"
"The Chief"

January Challenge
900 Lunges
(30 per day for 30 days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Happy New Year!</i> Squats	2	3 January Benchmark WOD	4 <i>Happy Birthday Ashley!</i> Squats
5 <i>Happy Birthday Audrey!</i>	6 <i>Happy Birthday Kaleiann!</i> "The Chief Hero WOD"	7 Squats	8 <i>Happy Birthday Angela!</i>	9	10 Squats LAST DAY TO REGISTER FOR NUTRITION CHALLENGE!	11
12 <i>Nutrition Challenge Kickoff Meeting</i>	13 Squats NUTRITION CHALLENGE STARTS!	14	15 Squats	16		18 <i>Happy Birthday Archie!</i> Squats
19	20 <i>Happy Birthday Ali!</i>	21 <i>Happy Birthday Cara!</i> Squats	22	23 <i>Happy Birthday David!</i> "Jackie Benchmark"	24 Squats	25 <i>Happy Birthday Big John!</i>
26	27	28 Test Front Squat	29	30 <i>Happy Birthday Ruby & Julie!</i>	31 <i>Happy Birthday Cash!</i> Test Back Squat	

