



# MAY

## THE FORCE BE WITH YOU

### JEDI TRAINING

Color in each day you complete the exercises

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

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### JEDI TRAINING

#### ODD NUMBERS

- **20** JUMPING JACKS
- **10** CALF RAISES
- **20** PLANK JACKS
- **10** SQUAT JUMPS



#### EVEN NUMBERS

- **10** BURPEES
- **10** SQUATS
- **20** MOUNTAIN CLIMBERS
- **20** PLANK KNEE TUCKS

#### Level 1 - **YOUNGLING**

Complete 2 Rounds

#### Level 2 - **PADAWAN**

Complete 3 rounds

#### Level 3 - **JEDI KNIGHT**

Complete 4 rounds

#### Level 4 - **JEDI MASTER**

Complete 5 rounds

Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.

Color in each day you complete the exercises.

