

# JUNE SUMMER ABS

**Goal:** build core strength, establish daily water habits, and kickstart long-term fitness consistency.

<p>✓ when completed</p>	<p><b>1</b> <input type="checkbox"/></p> <p>30s Hold Elbow Plank 15 Crunches Repeat 3-5x</p>	<p><b>2</b> <input type="checkbox"/></p> <p>30s Bicycle Crunch 15 Leg Lifts Repeat 3-5x</p>	<p><b>3</b> <input type="checkbox"/></p> <p>30s Mt. Climbers 20 Alt. Side to Side Wipers Repeat 3-5x</p>	<p><b>4</b> <input type="checkbox"/></p> <p>30s Flutter kicks 15 Situps Repeat 3-5x</p>	<p><b>5</b> <input type="checkbox"/></p> <p>30s Plank Jacks 15 Vertical Toe Touch Crunch Repeat 3-5x</p>	<p><b>6</b> <input type="checkbox"/></p> <p>Cardio/Stretch</p>
<p><b>7</b></p> <p>Rest</p>	<p><b>8</b> <input type="checkbox"/></p> <p>30s Cross-Body Mt. Climbers 15 Seated Knee Tucks Repeat 3-5x</p>	<p><b>9</b> <input type="checkbox"/></p> <p>30 sec. Hold Halfway Situp 15/side Heel Touch Crunch Repeat 3-5x</p>	<p><b>10</b> <input type="checkbox"/></p> <p>30s Hollow Hold 15/side Oblique Crunch Repeat 3-5x</p>	<p><b>11</b> <input type="checkbox"/></p> <p>30s High Knees 20 Alt. Standing Knee-to-Elbow Crunch Repeat 3-5x</p>	<p><b>12</b> <input type="checkbox"/></p> <p>30 sec. High Plank Alt. Shoulder Taps 15 Crunch &amp; Kickouts Repeat 3-5x</p>	<p><b>13</b> <input type="checkbox"/></p> <p>Cardio/Stretch</p>
<p><b>14</b></p> <p>Rest</p>	<p><b>15</b> <input type="checkbox"/></p> <p>30s Plank Dips 15 Butterfly Situps Repeat 3-5x</p>	<p><b>16</b> <input type="checkbox"/></p> <p>30s Russian Twist 15 Decline Situps Repeat 3-5x</p>	<p><b>17</b> <input type="checkbox"/></p> <p>30s Hold Reverse Plank 15/side Single Leg Lifts Repeat 3-5x</p>	<p><b>18</b> <input type="checkbox"/></p> <p>30s Scissor Kicks 15/side Standing Side Bends Repeat 3-5x</p>	<p><b>19</b> <input type="checkbox"/></p> <p>30s Alt. Starfish Crunch 10/side Plank Up-Downs Repeat 3-5x</p>	<p><b>20</b> <input type="checkbox"/></p> <p>Cardio/Stretch</p>
<p><b>21</b></p> <p>Rest</p>	<p><b>22</b> <input type="checkbox"/></p> <p>30s Hold Boat Pose 15/side Single Leg Circles Repeat 3-5x</p>	<p><b>23</b> <input type="checkbox"/></p> <p>30s Deadbugs 15/side Single Leg Hip Lifts Repeat 3-5x</p>	<p><b>24</b> <input type="checkbox"/></p> <p>30s Hold Superman 15 Reverse Crunch Repeat 3-5x</p>	<p><b>25</b> <input type="checkbox"/></p> <p>30s Hold Leg Raise 15/side Standing Oblique Crunch Repeat 3-5x</p>	<p><b>26</b> <input type="checkbox"/></p> <p>30s Bird Dog 20 Alternating Leg Lowers Repeat 3-5x</p>	<p><b>27</b> <input type="checkbox"/></p> <p>Cardio/Stretch</p>
<p><b>28</b></p> <p>Rest</p>	<p><b>29</b> <input type="checkbox"/></p> <p>30s Side Plank (Right) 15 Side Crunch (Right) Repeat 3-5x</p>	<p><b>30</b> <input type="checkbox"/></p> <p>30s Side Plank (Left) 15 Side Crunch (Left) Repeat 3-5x</p>	<p><b>Turn it in at the beginning of July for credit and pick up the next fitness plan!</b></p> <p><b>Member Name:</b></p>			

## 💧 Hydration Goals for June 💧

June often brings warmer days, which means your body needs extra care to stay hydrated. Here are some practical and motivating hydration goals you can set for the month:

### 1. Daily Water Target:


Aim for **8–10 cups (about 2–2.5 liters)** of water per day, adjusting for your activity level and climate.

**Use next page to track progress through June.**

### 2. Morning Hydration Ritual:

Start each day with a **full glass of water** before coffee or breakfast to kickstart your metabolism and replenish fluids lost overnight.

### 3. Infuse Water:

Each week, try a new fruit or herb-infused water combo to make hydration more enjoyable. 

### 4. Hydration Reminders:

Set phone alarms or use a hydration app to prompt you to sip regularly, especially if you get caught up in work or activities.

### 5. Electrolyte Balance:

On very hot days or after workouts, include **electrolyte-rich drinks** (like coconut water or low-sugar sports drinks) to replace minerals lost through sweat.

### 6. Limit Dehydrators:

Reduce excessive caffeine, alcohol, and sugary sodas, which can contribute to dehydration.

### 7. Hydration & Nutrition Pairing:

Eat water-rich foods like watermelon, cucumber, oranges, and leafy greens to boost fluid intake naturally.

# INFUSED WATER *Recipes*

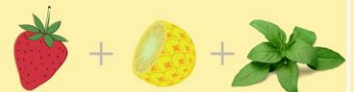


## IMMUNE SUPPORT



Orange, Apple,  
Ginger Root

## STRESS RELIEF



Strawberry,  
Pineapple, Basil

## MUSCLE RECOVERY



Watermelon,  
Blueberry, Mint

## IMPROVE DIGESTION



Cucumber,  
Lemon, Lime

## BOOST METABOLISM



Green Tea,  
Mint, Lime

## ENERGIZE



Lemon, Raspberry,  
Peach, Watermelon

Crush ginger and herbs to extract flavor. Cut fruits and veggies into small chunks, add mixture to infuser, and enjoy!

# 30 DAY Hydration Tracker

Member Name:



DAY 1 

DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

DAY 15 

DAY 16 

DAY 17 

DAY 18 

DAY 19 

DAY 20 

DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

COLOR EACH GLASS AS YOU DRINK. GOAL IS 8 GLASSES OF WATER PER DAY.