

ADVANCED

30 DAY FITNESS CHALLENGE

WORKOUT CALENDAR

Day 1 BOOTY CAMP <i>60 Minutes</i>	Day 2 BRUH- MANCE <i>60 Minutes</i>	Day 3 THE 6IX <i>45 Minutes</i>	Day 4 BOOM SHAKA LAKA <i>60 Minutes</i>	Day 5 ARM-A- GET-IT-ON <i>60 Minutes</i>
Day 8 BOOTY CAMP <i>60 Minutes</i>	Day 9 BRUH- MANCE <i>60 Minutes</i>	Day 10 TOO-BAD- AH, TABATA <i>45 Minutes</i>	Day 11 BOOM SHAKA LAKA <i>60 Minutes</i>	Day 12 ARM-A- GET-IT-ON <i>60 Minutes</i>
Day 15 ALL THAT JUNK <i>60 Minutes</i>	Day 16 SUPERMAN THAT ROW <i>60 Minutes</i>	Day 17 TOO FAST TOO FURIOUS <i>30-50 Minutes</i>	Day 18 BAD ASS <i>60 Minutes</i>	Day 19 YOU GOT SERVED <i>45 Minutes</i>
Day 22 ALL THAT JUNK <i>60 Minutes</i>	Day 23 SUPERMAN THAT ROW <i>60 Minutes</i>	Day 24 GET INTO FORMATION <i>45 Minutes</i>	Day 25 BAD ASS <i>60 Minutes</i>	Day 26 YOU GOT SERVED <i>60 Minutes</i>
Day 29 BOOTY CAMP <i>60 Minutes</i>	Day 30 BRUH- MANCE <i>30 Minutes</i>			

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University of Wisconsin

The logo of the University of Wisconsin, featuring a red and white shield with a white 'W' on a red background.

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Resources in Education, 1992-10 **The Advance**, 1905
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