

One-Week Workout! Book of James: Day 1



Welcome to Day One of One-Week Workout! One-Week Workout! is a one-week daily Bible study designed to challenge you spiritually and physically. To do One-Week Work Out! you need a Bible, pen and notebook. Each day you do the provided Bible study work and a workout on the post page, or an exercise routine of your own. **As always please check with your doctor before starting any new exercise program.** Jane and I are praying for you to grow stronger spiritually and physically. Let's get going!

Bible Study:

To do Day One Bible study, just click on the link below!

[One-Week Workout! Bible Study: Day One](#)

Workout Options:

[Easy 2 Mile Walking Workout](#)

[Intermediate 3 Mile Walking Workout](#)

[Advanced 4 Mile Walking Workout](#)

Extra Challenge with Coach Dan!

Do you want a little extra challenge? Join Coach Dan of *Let's Go Fitness* for a quick workout!