

# One-Week Workout! Book of James: Day 6



Welcome to Day Six of One-Week Workout! Give your self another pat on the back for making it to Day Six! Your diligence and perseverance will bring you many blessings. Jane and I continue to pray for you to grow stronger spiritually and physically. Exercise is good for the body and the spirit. Let's get going!

## Bible Study:

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

**One-Week Workout! Bible Study: Day Six**

## 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!