

# One-Week Workout! Book of James: Day 2



Welcome to Day Two of One-Week Workout! Yesterday forty people visited One-Week Workout! Day One! Please pray for each other as we study together. If you'd like to interact on our private Faith & Fit Facebook page please leave your name in the *Speak Your Mind* section at the bottom of this page.

Gather your Bible, pen, and notebook. Remember, each day 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 Two Bible study, just click on the link!

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

## 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!