

WholyFit 20 Day Physical Challenge



Day 1
Lifted Weapon



Day 2
Power & Glory



Day 3
Side Shield



Day 4
Supine Shield



Day 5
Selah Sequence



Day 6
Eagle



Day 7
Crossed Leg Core



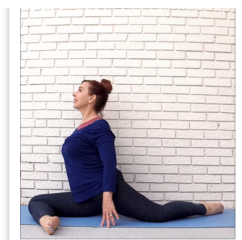
Day 8
Supine Peace + M.A.T.



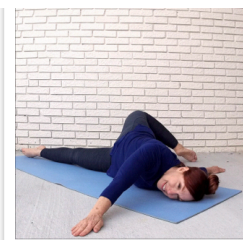
Day 9
Prone Weapon



Day 10
Wide Angle + M.A.T.



Day 11
Dove



Day 12
Prone Twist



Day 13
Overcomer Peace



Day 14
Overcomer Revolution



Day 15
Kneeling Gift



Day 16
Seated Twist



Day 17
Forearm Shield + Sword



Day 18
Boat Twist



Day 19
Lifted Peace Shoes



Day 20
Boat Variation

20 Day Challenge Devotions

Fulfilled in Jesus

THE PROPHECY

THE FULFILLMENT

Day 1	Jesus My Fulfillment	Psalm 19:7-14	Matthew 5:17-18, John 1:1
Day 2	Born of a Woman	Genesis 3:15	Matthew 1:20
Day 3	Born of a Virgin	Isaiah 7:14	Luke 1:26-35
Day 4	Son of God	1 Chronicles 17:11-14	Matthew 3:17, 16:16
Day 5	Seed of Abraham	Genesis 12:2-3	Matthew 1:1
Day 6	Son of Isaac	Genesis 21:12	Matthew 1:2
Day 7	Son of Jacob	Gen. 35:10-12	Luke 1:33
Day 8	Tribe of Judah	Genesis 49:10	Hebrews 7:14
Day 9	Family Line of Jesse	Isaiah 11:1, 10	Matthew 1:6
Day 10	House of David	2 Samuel 7:12-16	Luke 3:31; 18:38-39
Day 11	Born in Bethlehem	Micah 5:2	Matthew 2:1
Day 12	Presented with Gifts	Isaiah 60:6	Matthew 2:11
Day 13	Herod Kills Children	Jeremiah 31:15	Matthew 2:16
Day 14	He Shall Be God	Isaiah 9:6-7	Luke 2:11
Day 15	Shall Be Immanuel	Isaiah 7:14	Matthew 1:23
Day 16	Die for Our Sins	Is.53:4-8	1 Peter 2:24
Day 17	Rise from the Dead	Ps.16:9	Mark 16:9
Day 18	His Holy Spirit Promise	Joel 2:28-32	Acts 2;1-4
Day 19	His Kingdom In Us	Ezekiel 36:26	John 18:36
Day 20	He Will Rule the Earth	Is. 11:6-10	Phil 2: 8-11, Rev. 3:15-16