

#Challenge

30 DAY CHALLENGE



PLANNER

Simple easy follow along
planner. Do NOT worry about
tomorrow just do it TODAY



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30 - DAY CHALLENGE

START TODAY

Squats 5	Squats 6	Squats 7		Squats 10
Push Ups 2	Push Ups 3	Push Ups 4		Push Ups 5
Crunches 5	Crunches 6	Crunches 7		Crunches 10
Russian Twist 5	Russian Twist 6	Russian Twist 7		Russian Twist 10
Mountain Climbers 5	Mountain Climbers 6	Mountain Climbers 7		Mountain Climbers 10
		REST		
Squats 11	Squats 12		Squats 15	Squats 16
Push Ups 6	Push Ups 7		Push Ups 10	Push Ups 11
Crunches 11	Crunches 12		Crunches 15	Crunches 16
Russian Twist 11	Russian Twist 12		Russian Twist 15	Russian Twist 16
Mountain Climbers 11	Mountain Climbers 12		Mountain Climbers 15	Mountain Climbers 16
		REST		
Squats 17		Squats 20	Squats 21	Squats 22
Push Ups 12		Push Ups 15	Push Ups 16	Push Ups 17
Crunches 17		Crunches 20	Crunches 21	Crunches 22
Russian Twist 17		Russian Twist 20	Russian Twist 21	Russian Twist 22
Mountain Climbers 17		Mountain Climbers 20	Mountain Climbers 21	Mountain Climbers 22
		REST		
REST		Squats 25	Squats 26	Squats 27
		Push Ups 20	Push Ups 21	Push Ups 22
		Crunches 25	Crunches 26	Crunches 27
		Russian Twist 25	Russian Twist 26	Russian Twist 27
		Mountain Climbers 25	Mountain Climbers 26	Mountain Climbers 27
		REST		REST
Squats 30	Squats 31	Squats 32		Squats 35
Push Ups 25	Push Ups 26	Push Ups 27		Push Ups 30
Crunches 30	Crunches 31	Crunches 32		Crunches 35
Russian Twist 30	Russian Twist 31	Russian Twist 32		Russian Twist 35
Mountain Climbers 30	Mountain Climbers 31	Mountain Climbers 32		Mountain Climbers 35
		REST		
Squats 36	Squats 37		Squats 39	Squats 40
Push Ups 31	Push Ups 32		Push Ups 34	Push Ups 35
Crunches 36	Crunches 37		Crunches 39	Crunches 40
Russian Twist 36	Russian Twist 37		Russian Twist 39	Russian Twist 40
Mountain Climbers 36	Mountain Climbers 37		Mountain Climbers 39	Mountain Climbers 40

INCORPORATE THIS IN YOUR
REGULAR ROUTINE