

#Challenge

30 DAY CHALLENGE

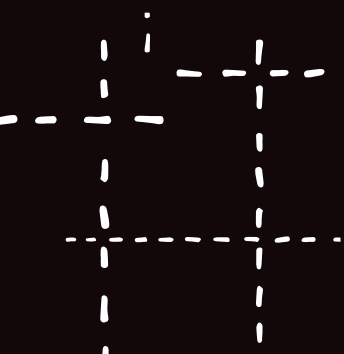


Simple easy follow along
planner. Do NOT worry about
tomorrow just do it TODAY

PLANNER



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30-DAY CHALLENGE

START TODAY

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

INCORPORATE THIS IN YOUR
REGULAR ROUTINE

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