



30 DAY FITNESS CHALLENGE



DAY 1	15 SIT UPS / 5 CRUNCHES / 5 LEG RAISES / 10 SEC PLANK / 6 TRICEP DIPS / 4 PUSH UPS / 8 MOUNTAIN CLIMBERS	DAY 16	REST DAY
DAY 2	20 SIT UPS / 8 CRUNCHES / 8 LEG RAISES / 12 SEC PLANK / 15 SQUATS / 5 HIP BRIDGES / 10 ALT SIDE LUNGES	DAY 17	75 SIT UPS / 60 CRUNCHES / 42 LEG RAISES / 65 SEC PLANK / 8 TRICEP DIPS / 8 PUSH UPS / 12 MOUNTAIN CLIMBERS
DAY 3	25 SIT UPS / 10 CRUNCHES / 10 LEG RAISES / 15 SEC PLANK / 6 TRICEP DIPS / 4 PUSH UPS / 8 MOUNTAIN CLIMBERS	DAY 18	80 SIT UPS / 65 CRUNCHES / 48 LEG RAISES / 70 SEC PLANK / 35 SQUATS / 15 HIP BRIDGES / 20 ALT SIDE LUNGES
DAY 4	REST DAY	DAY 19	85 SIT UPS / 70 CRUNCHES / 50 LEG RAISES / 75 SEC PLANK / 8 TRICEP DIPS / 8 PUSH UPS / 15 MOUNTAIN CLIMBERS
DAY 5	30 SIT UPS / 12 CRUNCHES / 12 LEG RAISES / 20 SEC PLANK / 20 SQUATS / 5 HIP BRIDGES / 10 ALT SIDE LUNGES	DAY 20	REST DAY
DAY 6	35 SIT UPS / 15 CRUNCHES / 15 LEG RAISES / 20 SEC PLANK / 6 TRICEP DIPS / 5 PUSH UPS / 10 MOUNTAIN CLIMBERS	DAY 21	90 SIT UPS / 75 CRUNCHES / 52 LEG RAISES / 80 SEC PLANK / 35 SQUATS / 15 HIP BRIDGES / 25 ALT SIDE LUNGES
DAY 7	40 SIT UPS / 20 CRUNCHES / 20 LEG RAISES / 25 SEC PLANK / 20 SQUATS / 10 HIP BRIDGES / 14 ALT SIDE LUNGES	DAY 22	95 SIT UPS / 80 CRUNCHES / 58 LEG RAISES / 85 SEC PLANK / 10 TRICEP DIPS / 8 PUSH UPS / 15 MOUNTAIN CLIMBERS
DAY 8	REST DAY	DAY 23	100 SIT UPS / 85 CRUNCHES / 60 LEG RAISES / 90 SEC PLANK / 35 SQUATS / 20 HIP BRIDGES / 25 ALT SIDE LUNGES
DAY 9	45 SIT UPS / 30 CRUNCHES / 30 LEG RAISES / 38 SEC PLANK / 6 TRICEP DIPS / 5 PUSH UPS / 10 MOUNTAIN CLIMBERS	DAY 24	REST DAY
DAY 10	50 SIT UPS / 35 CRUNCHES / 33 LEG RAISES / 38 SEC PLANK / 25 SQUATS / 10 HIP BRIDGES / 14 ALT SIDE LUNGES	DAY 25	105 SIT UPS / 90 CRUNCHES / 60 LEG RAISES / 95 SEC PLANK / 10 TRICEP DIPS / 8 PUSH UPS / 15 MOUNTAIN CLIMBERS
DAY 11	55 SIT UPS / 40 CRUNCHES / 33 LEG RAISES / 43 SEC PLANK / 8 TRICEP DIPS / 6 PUSH UPS / 10 MOUNTAIN CLIMBERS	DAY 26	110 SIT UPS / 95 CRUNCHES / 60 LEG RAISES / 100 SEC PLANK / 35 SQUATS / 20 HIP BRIDGES / 25 ALT SIDE LUNGES
DAY 12	REST DAY	DAY 27	110 SIT UPS / 100 CRUNCHES / 65 LEG RAISES / 105 SEC PLANK / 10 TRICEP DIPS / 8 PUSH UPS / 15 MOUNTAIN CLIMBERS
DAY 13	60 SIT UPS / 45 CRUNCHES / 40 LEG RAISES / 50 SEC PLANK / 30 SQUATS / 10 HIP BRIDGES / 20 ALT SIDE LUNGES	DAY 28	REST DAY
DAY 14	65 SIT UPS / 50 CRUNCHES / 42 LEG RAISES / 55 SEC PLANK / 8 TRICEP DIPS / 6 PUSH UPS / 12 MOUNTAIN CLIMBERS	DAY 29	115 SIT UPS / 100 CRUNCHES / 70 LEG RAISES / 110 SEC PLANK / 40 SQUATS / 20 HIP BRIDGES / 30 ALT SIDE LUNGES
DAY 15	70 SIT UPS / 55 CRUNCHES / 40 LEG RAISES / 50 SEC PLANK / 30 SQUATS / 10 HIP BRIDGES / 20 ALT SIDE LUNGES	DAY 30	120 SIT UPS / 105 CRUNCHES / 75 LEG RAISES / 110 SEC PLANK / 8 TRICEP DIPS / 8 PUSH UPS / 12 MOUNTAIN CLIMBERS



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DAY 1		DAY 11		DAY 21	
DAY 2		REST DAY 12		DAY 22	
DAY 3		DAY 13		DAY 23	
REST DAY 4		DAY 14		REST DAY 24	
DAY 5		DAY 15		DAY 25	
DAY 6		REST DAY 16		DAY 26	
DAY 7		DAY 17		DAY 27	
REST DAY 8		DAY 18		REST DAY 28	
DAY 9		DAY 19		DAY 29	
DAY 10		REST DAY 20		DAY 30	