30 DAYFITNESS CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5 Pushups	Jumping Jacks 60 seconds	15 second Mountain	REST! Drink JUST	5 Pushups	Jumping Jacks 60 second	15 second Mountain
15 sec Plank	15 second wall sits	Climbers	water today.	15 sec Plank	15 second wall	Climbers
5 chair squats		10 crunches		5 chair squats	sits	10 crunches
20-minute walk				20-minute walk		
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 second Mountain	10 Pushups	REST! Drink JUST	Jumping Jacks 60 second	10 Pushups	20 second Mountain	30-second-high knees
Climbers	20 sec Plank	water today.		20 sec Plank	Climbers	
12 crunches	5 chair squats		15 second wall sits	5 chair squats	12 crunches	20 second side planks
	20-minute walk			20-minute walk		
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
12 Pushups	Jumping Jacks 60 second	25 second Mountain	12 Pushups	Jumping Jacks 60 second	REST!	Jumping Jacks 60 second
25 sec Plank	20 second wall sits	Climbers	25 sec Plank	20 second wall	Drink JUST water today.	23 second wall
7 chair squats	Lo scond wan sits	15 crunches	7 chair squats	sits	water today.	sits
20-minute walk			20-minute walk			
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
15 Pushups	DECT	30 second	Jumping Jacks	15 Pushups	30-second-high	30 second
30 sec Plank	REST. Drink JUST water	Mountain Climbers	60 second	30 sec Plank	knees	Mountain Climbers
10 chair squats	today.	20 crunches	25 second wall sits	10 chair squats	20 second side planks	20 crunches
20-minute walk				20-minute walk		
DAY 29	DAY 30					
20 Pushups	Jumping Jacks					
45 sec Plank	60 second 30 second wall sits					
15 chair Squats	SO SECONO WAN SIES					
20-minute walk						

*REPEAT EACH EXERCISE 3 TIMES WITH A 45-60 SECOND REST IN BETWEEN



30 DAYFITNESS CHALLENGE



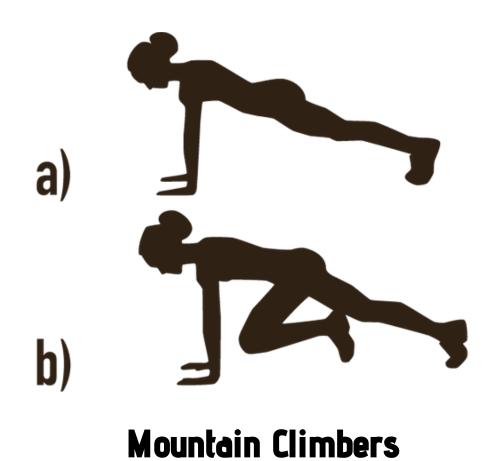


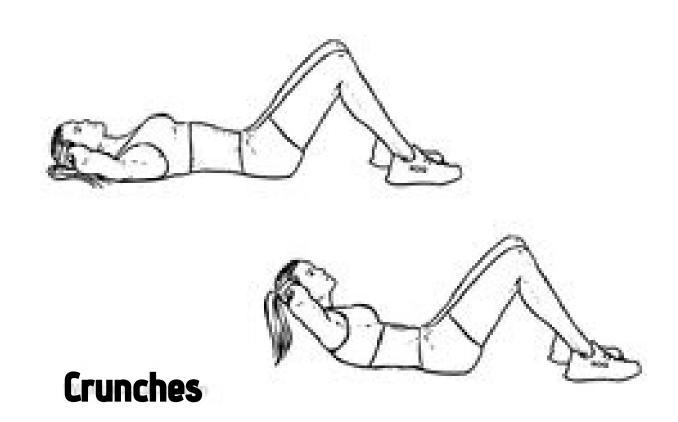


Jumping Jacks

Wall Sits







Elbows to Palms Plank



Plank

