

30 DAY FITNESS CHALLENGE

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

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

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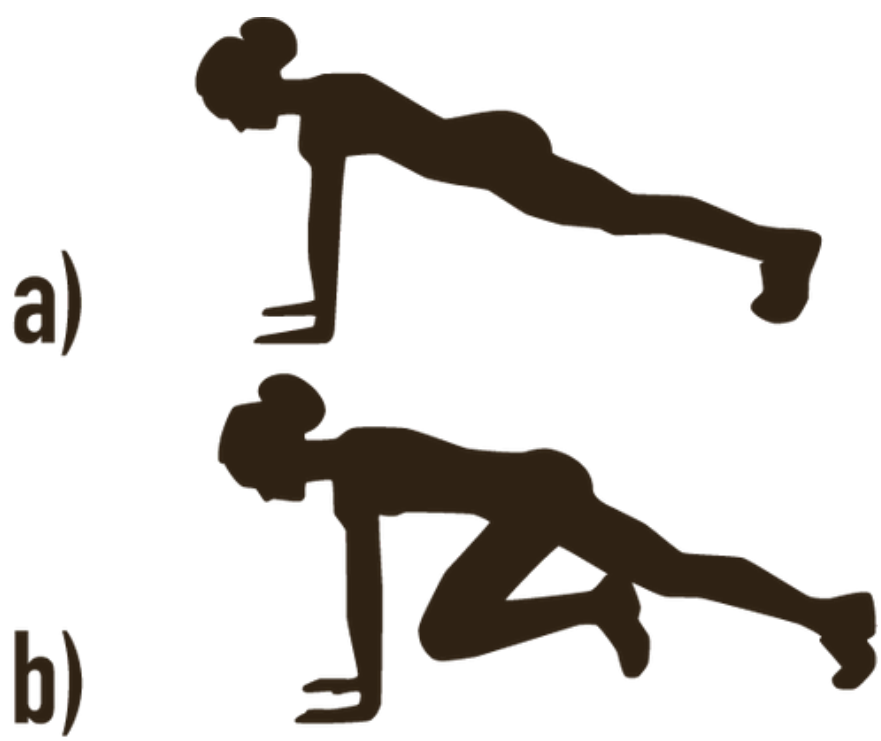
Wall Sits



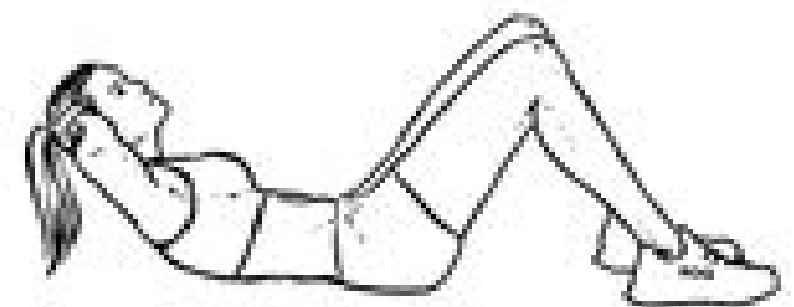
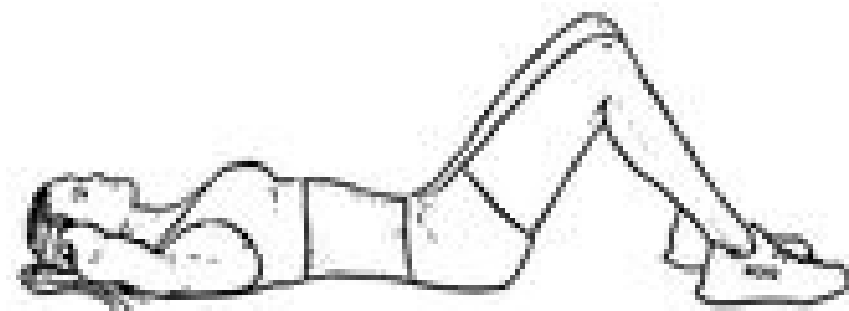
CHAIR SQUATS



Jumping Jacks

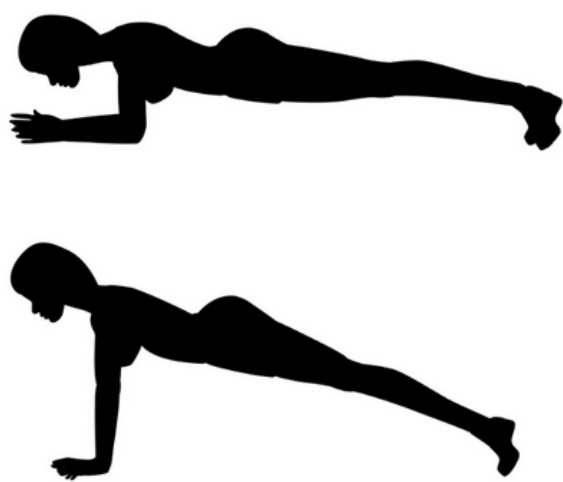


Mountain Climbers



Crunches

Elbows to Palms Plank



Plank