

30 Day Challenge:

Don't worry about tomorrow,
just do today!

Day 1	Day 2	Day 3	Day 4	Day 5
Squats- 10 Push-ups- 5 Crunches- 10 Russian Twists- 10 Mountain Climbers- 10	Squats- 12 Push-ups- 7 Crunches- 12 Russian Twists- 12 Mountain Climbers- 12	Squats- 14 Push-ups- 9 Crunches- 14 Russian Twists- 14 Mountain Climbers- 14	REST	Squats- 15 Push-ups- 10 Crunches- 15 Russian Twists- 15 Mountain Climbers- 15
Day 6	Day 7	Day 8	Day 9	Day 10
Squats- 17 Push-ups- 12 Crunches- 17 Russian Twists- 17 Mountain Climbers- 17	Squats- 19 Push-ups- 14 Crunches- 19 Russian Twists- 19 Mountain Climbers- 19	REST	Squats- 20 Push-ups- 15 Crunches- 20 Russian Twists- 20 Mountain Climbers- 20	Squats- 22 Push-ups- 17 Crunches- 22 Russian Twists- 22 Mountain Climbers- 22
Day 11	Day 12	Day 13	Day 14	Day 15
Squats- 24 Push-ups- 19 Crunches- 24 Russian Twists- 24 Mountain Climbers- 24	REST	Squats- 25 Push-ups- 20 Crunches- 25 Russian Twists- 25 Mountain Climbers- 25	Squats- 27 Push-ups- 22 Crunches- 27 Russian Twists- 27 Mountain Climbers- 27	Squats- 29 Push-ups- 24 Crunches- 29 Russian Twists- 29 Mountain Climbers- 29
Day 16	Day 17	Day 18	Day 19	Day 20
REST	Squats- 30 Push-ups- 25 Crunches- 30 Russian Twists- 30 Mountain Climbers-30	Squats- 32 Push-ups- 27 Crunches- 32 Russian Twists- 32 Mountain Climbers- 32	Squats- 34 Push-ups- 29 Crunches- 34 Russian Twists- 34 Mountain Climbers- 34	REST
Day 21	Day 22	Day 23	Day 24	Day 25
Squats- 35 Push-ups- 30 Crunches- 35 Russian Twists- 35 Mountain Climbers- 35	Squats- 37 Push-ups- 32 Crunches- 37 Russian Twists- 37 Mountain Climbers- 37	Squats- 39 Push-ups- 34 Crunches- 39 Russian Twists- 39 Mountain Climbers- 39	REST	Squats- 40 Push-ups- 35 Crunches- 40 Russian Twists- 40 Mountain Climbers- 40
Day 26	Day 27	Day 28	Day 29	Day 30
Squats- 42 Push-ups- 37 Crunches- 42 Russian Twists- 42 Mountain Climbers- 42	Squats- 44 Push-ups- 39 Crunches- 44 Russian Twists- 44 Mountain Climbers- 44	REST	Squats- 47 Push-ups- 39 Crunches- 47 Russian Twists- 47 Mountain Climbers- 47	Squats- 50 Push-ups- 40 Crunches- 50 Russian Twists- 50 Mountain Climbers- 50

*Feel free to substitute an exercise if you're unable to complete something