

30 DAY FITNESS CHALLENGE

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arms Push-ups (10 reps) Plank (20 seconds) Tricep dips (8 reps)	Legs Wall sit (20 seconds) Jump squats (10 reps) Narrow squats (10 reps)	Abs Side plank (20 seconds) Crunches (20 reps)	Cardio Run up/down stairs (1 minutes) Skip rope (1 minutes) Jog on spot (1 minutes)	Arms Push-ups (10 reps) Plank (20 seconds) Tricep dips (8 reps)	Legs Wall sit (20 seconds) Jump squats (10 reps) Narrow squats (10 reps)	Abs Side plank (20 seconds) Crunches (20 reps)
Repeat series 3 times			Repeat series 3 times, 1 minute breaks in-between	Repeat series 3 times		



WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arms Push-ups (15 reps) Plank (40 seconds) Tricep dips (12 reps)	Legs Wall sit (30 seconds) Jump squats (15 reps) Narrow squats (15 reps)	Abs Side plank (30 seconds) Crunches (25 reps)	Cardio Run up/down stairs (3 minutes) Skip rope (3 minutes) Jog on spot (3 minutes)	Arms Push-ups (15 reps) Plank (40 seconds) Tricep dips (12 reps)	Legs Wall sit (30 seconds) Jump squats (15 reps) Narrow squats (15 reps)	Abs Side plank (30 seconds) Crunches (25 reps)
Repeat series 3 times			Repeat series 3 times, 1 minute breaks in-between	Repeat series 3 times		



WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper Body Burpees (10 reps) Tricep push-ups (10 reps) Push-up walkouts (8 reps)	Legs Static lunges (20 reps per leg) Dynamic lunges (20 reps per leg) Calf raises (20 reps per leg)	Abs Bicycle crunches (20 reps) Mountain climbers (20 per leg) Dead bugs (20 alternate heel taps)	Cardio Run up/down stairs (5 minutes) Skip rope (5 minutes) Jog on spot (5 minutes)	Upper Body Burpees (10 reps) Tricep push-ups (10 reps) Push-up walkouts (8 reps)	Legs Static lunges (20 reps per leg) Dynamic lunges (20 reps per leg) Calf raises (20 reps per leg)	Abs Bicycle crunches (20 reps) Mountain climbers (20 per leg) Dead bugs (20 alternate heel taps)
Repeat series 3 times				Repeat series 3 times		



WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper Body Burpees (15 reps) Tricep push-ups (15 reps) Push-up walkouts (10 reps)	Legs Static lunges (25 reps per leg) Dynamic lunges (25 reps per leg) Calf raises (25 reps per leg)	Abs Bicycle crunches (26 reps) Mountain climbers (26 per leg) Dead bugs (26 alternate heel taps)	Cardio Run up/down stairs (7 minutes) Skip rope (7 minutes) Jog on spot (7 minutes)	Upper Body Burpees (15 reps) Tricep push-ups (15 reps) Push-up walkouts (10 reps)	Legs Static lunges (25 reps per leg) Dynamic lunges (25 reps per leg) Calf raises (25 reps per leg)	Abs Bicycle crunches (26 reps) Mountain climbers (26 per leg) Dead bugs (26 alternate heel taps)
Repeat series 3 times				Repeat series 3 times		

