

30 Day Challenge:

Don't worry about tomorrow,
just do today!

Day 1	Day 2	Day 3	Day 4	Day 5
Squats- 5 Push-ups- 2 Crunches- 5 Russian Twists- 5 Mountain Climbers- 5	Squats- 6 Push-ups- 3 Crunches- 6 Russian Twists- 6 Mountain Climbers- 6	Squats- 7 Push-ups- 4 Crunches- 7 Russian Twists- 7 Mountain Climbers- 7	REST	Squats- 10 Push-ups- 5 Crunches- 10 Russian Twists- 10 Mountain Climbers- 10
Day 6	Day 7	Day 8	Day 9	Day 10
Squats- 11 Push-ups- 6 Crunches- 11 Russian Twists- 11 Mountain Climbers- 11	Squats- 12 Push-ups- 7 Crunches- 12 Russian Twists- 12 Mountain Climbers- 12	REST	Squats- 15 Push-ups- 10 Crunches- 15 Russian Twists- 15 Mountain Climbers- 15	Squats- 16 Push-ups- 11 Crunches- 16 Russian Twists- 16 Mountain Climbers- 16
Day 11	Day 12	Day 13	Day 14	Day 15
Squats- 17 Push-ups- 12 Crunches- 17 Russian Twists- 17 Mountain Climbers- 17	REST	Squats- 20 Push-ups- 15 Crunches- 20 Russian Twists- 20 Mountain Climbers- 20	Squats- 21 Push-ups- 16 Crunches- 21 Russian Twists- 21 Mountain Climbers- 21	Squats- 22 Push-ups- 17 Crunches- 22 Russian Twists- 22 Mountain Climbers- 22
Day 16	Day 17	Day 18	Day 19	Day 20
REST	Squats- 25 Push-ups- 20 Crunches- 25 Russian Twists- 25 Mountain Climbers- 25	Squats- 26 Push-ups- 21 Crunches- 26 Russian Twists- 26 Mountain Climbers- 26	Squats- 27 Push-ups- 22 Crunches- 27 Russian Twists- 27 Mountain Climbers- 27	REST
Day 21	Day 22	Day 23	Day 24	Day 25
Squats- 30 Push-ups- 25 Crunches- 30 Russian Twists- 30 Mountain Climbers- 30	Squats- 31 Push-ups- 26 Crunches- 31 Russian Twists- 31 Mountain Climbers- 31	Squats- 32 Push-ups- 27 Crunches- 32 Russian Twists- 32 Mountain Climbers- 32	REST	Squats- 35 Push-ups- 30 Crunches- 35 Russian Twists- 35 Mountain Climbers- 35
Day 26	Day 27	Day 28	Day 29	Day 30
Squats- 36 Push-ups- 31 Crunches- 36 Russian Twists- 36 Mountain Climbers- 36	Squats- 37 Push-ups- 32 Crunches- 37 Russian Twists- 37 Mountain Climbers- 37	REST	Squats- 39 Push-ups- 34 Crunches- 39 Russian Twists- 39 Mountain Climbers- 39	Squats- 40 Push-ups- 35 Crunches- 40 Russian Twists- 40 Mountain Climbers- 40

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