30 Day Challenge:
Don't worry about tomorrow, just do today!

Day 1	Day 2	Day 3	Day 4	Day 5
Squats- 15 Push-ups- 5 Crunches- 15 Russian Twists- 15 Mountain Climbers- 15	Squats- 18 Push-ups- 8 Crunches- 18 Russian Twists- 18 Mountain Climbers- 18	Squats- 21 Push-ups- 11 Crunches- 21 Russian Twists- 21 Mountain Climbers- 21	REST	Squats- 24 Push-ups- 14 Crunches- 24 Russian Twists- 24 Mountain Climbers- 24

Day 6	Day 7	Day 8	Day 9	Day 10
Squats- 27 Push-ups- 17 Crunches- 27 Russian Twists- 27 Mountain Climbers- 27	Squats- 30 Push-ups- 20 Crunches- 30 Russian Twists- 30 Mountain Climbers- 30	REST	Squats- 33 Push-ups- 23 Crunches- 33 Russian Twists- 33 Mountain Climbers- 33	Squats- 36 Push-ups- 26 Crunches- 36 Russian Twists- 36 Mountain Climbers- 36

Day 11	Day 12	Day 13	Day 14	Day 15
Squats- 39 Push-ups- 29 Crunches- 39 Russian Twists- 39 Mountain Climbers- 39	REST	Squats- 42 Push-ups- 32 Crunches- 42 Russian Twists- 42 Mountain Climbers- 42	Squats- 45 Push-ups- 35 Crunches- 45 Russian Twists- 45 Mountain Climbers- 45	Squats- 46 Push-ups- 36 Crunches- 46 Russian Twists- 46 Mountain Climbers- 46

Day 16	Day 17	Day 18	Day 19	Day 20
REST	Squats- 48 Push-ups- 38 Crunches- 48 Russian Twists- 48 Mountain Climbers- 48	Squats- 51 Push-ups- 41 Crunches- 51 Russian Twists- 51 Mountain Climbers- 51	Squats- 54 Push-ups- 43 Crunches- 54 Russian Twists- 54 Mountain Climbers- 54	REST

Day 21	Day 22	Day 23	Day 24	Day 25
Squats- 57 Push-ups- 46 Crunches- 57 Russian Twists- 57 Mountain Climbers- 57	Squats- 60 Push-ups- 49 Crunches- 60 Russian Twists- 60 Mountain Climbers- 60	Squats- 63 Push-ups- 52 Crunches- 63 Russian Twists- 63 Mountain Climbers- 63	REST	Squats- 66 Push-ups- 55 Crunches- 66 Russian Twists- 66 Mountain Climbers- 66

Day 26	Day 27	Day 28	Day 29	Day 30
Squats- 69 Push-ups- 58 Crunches- 69 Russian Twists- 69 Mountain Climbers- 69	Squats- 72 Push-ups- 61 Crunches- 72 Russian Twists- 72 Mountain Climbers- 72	REST	Squats- 74 Push-ups- 63 Crunches- 74 Russian Twists- 74 Mountain Climbers- 74	Squats- 75 Push-ups- 65 Crunches- 75 Russian Twists- 75 Mountain Climbers- 75

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