### 30 Day Challenge:

**Don’t worry about tomorrow, just do today!**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
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</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
<th>Day 15</th>
</tr>
</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Day 16</th>
<th>Day 17</th>
<th>Day 18</th>
<th>Day 19</th>
<th>Day 20</th>
</tr>
</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Day 21</th>
<th>Day 22</th>
<th>Day 23</th>
<th>Day 24</th>
<th>Day 25</th>
</tr>
</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Day 26</th>
<th>Day 27</th>
<th>Day 28</th>
<th>Day 29</th>
<th>Day 30</th>
</tr>
</thead>
</table>
| 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 |