

30 DAY CHALLENGE

DAY 1
5 PUSHUPS
25 SQUATS
10 SITUPS
20 LUNGES

DAY 2
5 PUSHUPS
27 SQUATS
11 SITUPS
21 LUNGES

DAY 3
6 PUSHUPS
29 SQUATS
12 SITUPS
22 LUNGES

DAY 4
6 PUSHUPS
31 SQUATS
13 SITUPS
23 LUNGES

DAY 5
7 PUSHUPS
33 SQUATS
14 SITUPS
24 LUNGES

DAY 6
8 PUSHUPS
35 SQUATS
15 SITUPS
25 LUNGES

DAY 7
9 PUSHUPS
37 SQUATS
16 SITUPS
26 LUNGES

DAY 8
10 PUSHUPS
39 SQUATS
17 SITUPS
27 LUNGES

DAY 9
10 PUSHUPS
41 SQUATS
18 SITUPS
28 LUNGES

DAY 10
11 PUSHUPS
43 SQUATS
19 SITUPS
29 LUNGES

DAY 11
12 PUSHUPS
45 SQUATS
20 SITUPS
30 LUNGES

DAY 12
13 PUSHUPS
47 SQUATS
21 SITUPS
31 LUNGES

DAY 13
14 PUSHUPS
49 SQUATS
22 SITUPS
32 LUNGES

DAY 14
15 PUSHUPS
51 SQUATS
23 SITUPS
33 LUNGES

DAY 15
15 PUSHUPS
53 SQUATS
24 SITUPS
34 LUNGES

DAY 16
16 PUSHUPS
55 SQUATS
25 SITUPS
35 LUNGES

DAY 17
17 PUSHUPS
57 SQUATS
26 SITUPS
36 LUNGES

DAY 18
18 PUSHUPS
59 SQUATS
27 SITUPS
37 LUNGES

DAY 19
19 PUSHUPS
61 SQUATS
28 SITUPS
38 LUNGES

DAY 20
20 PUSHUPS
63 SQUATS
29 SITUPS
39 LUNGES

DAY 21
21 PUSHUPS
65 SQUATS
30 SITUPS
40 LUNGES

DAY 22
22 PUSHUPS
67 SQUATS
31 SITUPS
41 LUNGES

DAY 23
23 PUSHUPS
69 SQUATS
32 SITUPS
42 LUNGES

DAY 24
24 PUSHUPS
71 SQUATS
33 SITUPS
43 LUNGES

DAY 25
25 PUSHUPS
73 SQUATS
34 SITUPS
44 LUNGES

DAY 26
26 PUSHUPS
75 SQUATS
35 SITUPS
45 LUNGES

DAY 27
27 PUSHUPS
77 SQUATS
36 SITUPS
46 LUNGES

DAY 28
28 PUSHUPS
79 SQUATS
37 SITUPS
47 LUNGES

DAY 29
29 PUSHUPS
79 SQUATS
38 SITUPS
48 LUNGES

DAY 30
30 PUSHUPS
80 SQUATS
40 SITUPS
50 LUNGES