

30 DAY WORKOUT CHALLENGE



- Day 1** 50 Crunches
2 X 60 Second Plank
- Day 2** 100 Bicycle Crunches
2 X 30 Second Plank
- Day 3** 50 Burpees
50 Kick Down Crunches
- Day 4** 200 Crunches
100 Skater Slides
- Day 5** 100 High Knees
75 Russian Twists
- Day 6** 50 Supermans
50 Squats
- Day 7** 3 X 60 Second Plank
200 Jumping Jacks
- Day 8** 50 Donkey Kicks
100 Bicycle Crunches
- Day 9** 25 Squats
100 Skater Slides
- Day 10** 50 Squat Jumps
200 Crunches
- Day 11** 25 Push Ups
75 Triceps Dips
- Day 12** 200 Punches
200 Butt Kicks
- Day 13** 50 Plank Walks
50 Lunges
- Day 14** 50 Wood Chops
50 Squat Jumps
- Day 15** 4 X 60 Second Planks
100 Russian Twists
- Day 16** 50 Lunges
50 Donkey Kicks
- Day 17** 35 Push Ups
100 Mountain Climbers
- Day 18** 100 Triceps Dips
50 Jump Squats
- Day 19** 200 High Knees
100 Supermans
- Day 20** 75 Burpees
4 X 60 Second Planks
- Day 21** 200 Bicycle Crunches
200 Punches
- Day 22** 35 Burpees
200 Skater Slides
- Day 23** 50 Lunges
100 Skater Slides
- Day 24** 50 Wood Chops
200 Mountain Climbers
- Day 25** 100 Supermans
200 Plank Jacks
- Day 26** 200 Bicycle Crunches
200 Butt Kicks
- Day 27** 100 Russian Twists
4 X 60 Second Plank
- Day 28** 25 Push Ups
200 Seal Jacks
- Day 29** 50 Lunges
100 Froggies
- Day 30** 200 Squat Jumps
100 V Ups