

30 DAY WORKOUT CHALLENGE *for beginners*

























KEY CODE



Strength



Cardio

1	2	3	4	5	6	7
 1	 1	 1	 1	 1	Rest Great job!	Rest 
8	9	10	11	12	13	14
 2	 2	 2	 2	 2	Rest Zzzzz	Rest
15	16	17	18	19	20	21
 3	 3	 3	 3	 3	Rest Relax	Rest 
22	23	24	25	26	27	28
 4	 4	 4	 4	 4	Rest Almost there. Let's go!	Rest
29	30	NOTES:				
 4	 4					

