

Trijake Spring 30 Day Challenge (1)	Time of Day	Daily Activity
What you need	Morning	10 minute run
1 Kettle Bell	Afternoon	15 minute Steel Belt
1 Exercise/Stability Ball	Evening	Your Daily Workout

Monday	Tuesday	Wednesday	Thursday
		1 min. exercise	
Total Body	Kettle Bells	Steel Belt	Total Body
50 jumping jax	12 KB deadlift	plank	50 jumping jax
10 pushups	10 push ups	mountain climbers	10 pushups
25 squats	12 KB upright rows	scissor kicks	25 squats
10 pushups	10 push ups	up & overs	10 pushups
25 squats	20ea KB arm swings	side planks (30 sec. ea)	25 squats
10 pushups	10 push ups	Russian twist	10 pushups
25 lunge jumps	12 KB goblet squats	V-ups	25 lunge jumps
10 pushups	10 push ups	leg lifts	10 pushups
25 lunge jumps	12ea KB lat pulls	elevated crunches	25 lunge jumps
10 pushups	10 push ups	1 min. ball situps	10 pushups
1 minute plank (repeat once)	1 minute plank (repeat once)	1 min. roll outs	1 minute plank (repeat once)
		1 min. Nuke crunch	
		1 min. pass back	
		1 min. starfish	
		(repeat once)	

Saturday	Sunday
30 minute run or 60 bike ride or 30 minute swim	active rest light jog or easy bike ride or long walk
Need Help?	Call Jake

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Challenge Key

Need a stability ball

Need a Kettle Bell

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Friday

Kettle Bells

12 KB deadlift

10 push ups

12 KB upright rows

10 push ups

20ea KB arm swings

10 push ups

12 KB goblet squats

10 push ups

12ea KB lat pulls

10 push ups

1 minute plank

(repeat once)

5
3
2