



30 DAY FITNESS CHALLENGE

- 1. 20 PUSH UPS**
- 2. 40 LUNGES**
- 3. 100 JUMPING JACKS**
- 4. 30 MINUTE RUN**
- 5. 25 CHERRY PICKERS**
- 6. 60 SECOND WALL SIT**
- 7. 10 BURPEES**

