



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
8. 100 MOUNTAIN CLIMBERS
9. 40 SQUATS
10. 25 V-UPS
11. 30 SECOND SUPER MAN
12. 25 CRUNCHES
13. 40 LEG RAISES
14. 30 DONKEY KICKS

