



# 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
15. 30 LEG LIFTS
16. 2 30 SECOND PLANKS
17. 30 JUMP SQUATS
18. 15 BURPEES
19. 35 CRUNCHES
20. 30 PUSHUPS
21. 30 MIN WALK
22. 100 SEAL JACKS
23. 30 MIN RUN
24. 35 DONKEY KICKS
25. 20 BURPEES
26. 35 V-UPS
27. 50 RUSSIAN TWISTS
28. 50 CALF RAISES
29. 40 PUSH UPS
30. YOUR FAVORITE