30 Day Challenge

Schedule:
Within each 7 day period, complete each workout once and one day of cardio of your choice (running, biking, swimming, etc.). For a goal of exercise at least 5 days per week.

Cross off days as you complete workouts:

Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10

Total Body Tone Up

Workout 1:
1. 15 Squats or Jump Squats
2. 15 Push-Ups
3. 15 Lunges (each leg)
4. 15 Bench Dips
5. 30-60 sec. Plank
6. 60 seconds of Mountain Climbers
Repeat 2 more times

Workout 2:
1. 15 Good Mornings
2. 15 Plank Punches (each arm)
3. 15 Hip Raises
4. 15 Supermans
5. 30-60 sec. Side Planks (each side)
6. 60 seconds of Butt Kicks
Repeat 2 more times

Workout 3:
1. 15 Side Lunges (each leg)
2. 15 Close-Hand Push-Ups
3. 30-60 sec. Wall Sit
4. 15 Inverted Shoulder Presses
5. 15 Crunches or V-Up
6. 60 seconds of High Knees
Repeat 2 more times

Workout 4:
1. 15 Lateral Walks (each side)
2. Floor I-Y-T Raises 5x through
3. 15 Hip Raises
4. 15 Russian Twist (each side)
5. 15 Bird Dog (each side)
6. 60 seconds of Jumping Jacks
Repeat 2 more times