

# 30-DAYS FULL BODY CHALLENGE



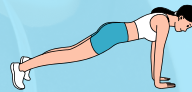
**SQUATS**



**PUSH-UPS**



**LUNGES**



**PLANK**



**MOUNTAIN  
CLIMBERS**

## **DAY 1** 10 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 2** 11 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 3** 12 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 4** 13 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 5** 14 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 6** 15 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 7** 16 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 8** 17 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 9** 18 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 10** 19 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 11** 20 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 12** 21 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 13** 22 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 14** 23 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 15** 24 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 16** 25 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 17** 26 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 18** 27 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 19** 28 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 20** 29 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 21** 30 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 22** 31 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 23** 32 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 24** 33 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 25** 34 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 26** 35 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 27** 36 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 28** 37 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 29** 38 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers

## **DAY 30** 39 REPS

- ☐ Squats
- ☐ Push-Ups
- ☐ Lunges
- ☐ Plank
- ☐ Mountain Climbers