## 30-DAYS FULL BODY CHALLENGE









PLANK



QUATS PUSH-UPS

H-UPS LUNGES

IGES

MOUNTAIN CLIMBERS

DAY 1 10 REPS	DAY 2 11 REPS	DAY 3 12 REPS	DAY 4 13 REPS	DAY 5 14 REPS
☐ Squats	☐ Squats	☐ Squats	☐ Squats	☐ Squats
Push-Ups	☐ Push-Ups	Push-Ups	Push-Ups	☐ Push-Ups
				I = '
Lunges	Lunges	Lunges	Lunges	Lunges
Plank	☐ Plank	☐ Plank	☐ Plank	Plank
☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers
DAY 6 15 REPS	DAY 7 16 REPS	DAY 8 17 REPS	DAY 9 18 REPS	DAY 10 19 REPS
☐ Squats	☐ Squats	☐ Squats	■ Squats	☐ Squats
☐ Push-Ups	☐ Push-Ups	☐ Push-Ups	☐ Push-Ups	☐ Push-Ups
Lunges	☐ Lunges	Lunges	☐ Lunges	Lunges
☐ Plank	☐ Plank	☐ Plank	☐ Plank	☐ Plank
☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers
DAY 11 20 REPS	DAY 12 21 REPS	DAY 13 22 REPS	DAY 14 23 REPS	DAY 15 24 REPS
☐ Squats	☐ Squats	Squats	☐ Squats	☐ Squats
'		☐ Push-Ups	☐ Squats ☐ Push-Ups	· ·
Push-Ups	Push-Ups	_ '		Push-Ups
Lunges	Lunges	Lunges	Lunges	Lunges
Plank	☐ Plank	☐ Plank	☐ Plank	Plank
☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers	☐ Mountain Climbers
	- 434		- 11/10	2000
DAY 16 25 REPS	DAY 17 26 REPS	DAY 18 27 REPS	DAY 19 28 REPS	DAY 20 29 REPS
DAY 16 25 REPS  Squats	DAY 17 26 REPS  Squats	DAY 18 27 REPS	DAY 19 28 REPS  Squats	DAY 20 29 REPS  Squats
2711 13		2711 10	2111 13	2711 20
☐ Squats	☐ Squats	☐ Squats	Squats	Squats
Squats Push-Ups	Squats Push-Ups	☐ Squats ☐ Push-Ups	Squats Push-Ups	Squats Push-Ups
Squats Push-Ups Lunges	Squats Push-Ups Lunges	Squats Push-Ups Lunges	Squats Push-Ups Lunges	Squats Push-Ups Lunges
Squats Push-Ups Lunges Plank	Squats Push-Ups Lunges Plank	Squats Push-Ups Lunges Plank	Squats Push-Ups Lunges Plank	Squats Push-Ups Lunges Plank
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