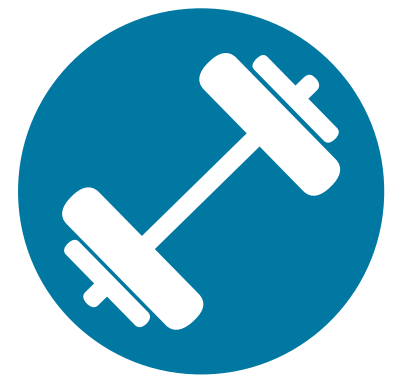


30 DAY WORKOUT CHALLENGE



DAY 1

10 Squats
15 sec. Plank
5 Push Ups
10 Crunches

DAY 2

15 Squats
20 sec. Plank
10 Push Ups
15 Crunches

DAY 3

REST

DAY 4

17 Squats
25 sec. Plank
12 Push Ups
20 Crunches

DAY 5

20 Squats
30 sec. Plank
15 Push Ups
22 Crunches

DAY 6

22 Squats
30 sec. Plank
15 Push Ups
22 Crunches

DAY 7

REST

DAY 8

25 Squats
40 sec. Plank
15 Push Ups
30 Crunches

DAY 9

27 Squats
45 sec. Plank
17 Push Ups
30 Crunches

DAY 10

30 Squats
45 sec. Plank
17 Push Ups
30 Crunches

DAY 11

30 Squats
50 sec. Plank
17 Push Ups
33 Crunches

DAY 12

REST

DAY 13

32 Squats
50 sec. Plank
20 Push Ups
35 Crunches

DAY 14

35 Squats
1 min. Plank
20 Push Ups
35 Crunches

DAY 15

35 Squats
1 min. Plank
22 Push Ups
37 Crunches

DAY 16

37 Squats
1:10 min. Plank
22 Push Ups
37 Crunches

DAY 17

40 Squats
1:15 min. Plank
25 Push Ups
40 Crunches

DAY 18

REST

DAY 19

40 Squats
1:20 min. Plank
27 Push Ups
40 Crunches

DAY 20

42 Squats
1:25 min. Plank
30 Push Ups
45 Crunches

DAY 21

42 Squats
1:30 min. Plank
32 Push Ups
45 Crunches

DAY 22

45 Squats
1:35 min. Plank
35 Push Ups
50 Crunches

DAY 23

45 Squats
1:40 min. Plank
35 Push Ups
50 Crunches

DAY 24

47 Squats
1:45 min. Plank
37 Push Ups
55 Crunches

DAY 25

REST

DAY 26

50 Squats
1:50 min. Plank
40 Push Ups
55 Crunches

DAY 27

52 Squats
2 min. Plank
40 Push Ups
60 Crunches

DAY 28

55 Squats
2:15 min. Plank
42 Push Ups
60 Crunches

DAY 29

55 Squats
2:30 min. Plank
45 Push Ups
65 Crunches

DAY 30

60 Squats
2:30 min. Plank
50 Push Ups
70 Crunches