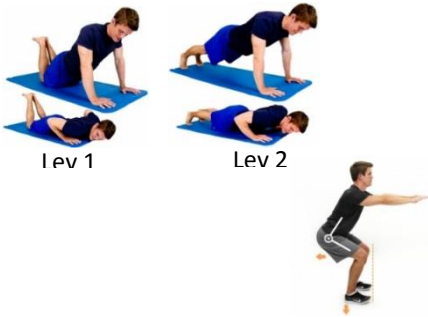


30 DAY FULL BODY CHALLENGE

Exercise	Day 01		Day 02		Day 03		Day 04		Day 05	
PUSHUPS	2	10	2	10	4	12	REST	12	4	REST
SQUATS	10	20	10	20	12	24	REST	24	15	REST
LUNGE DIPS	5/side	10/side	5/side	10/side	8/side	15/side	REST	15/side	10/side	REST
CRUNCHES	15	30	15	30	20	40	REST	40	20	REST
JACKS	30	50	30	50	50	80	REST	80	50	REST
	Day 06		Day 07		Day 08		Day 09		Day 10	
PLANK	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
WALL SQUAT	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
GLUTE BRIDGE	15	20	15	20	20	30	REST	30	20	REST
BICYCLES	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
SKATERS	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
	Day 11		Day 12		Day 13		Day 14		Day 15	
ELBOW PLANK	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
SQUAT PULSES	50	80	50	80	75	100	REST	100	75	REST
SIDE LUNGE	5/side	10/side	5/side	10/side	8/side	15/side	REST	20/side	10/side	REST
LEG LIFTS	10	15	10	15	12	20	REST	25	15	REST
RUN IN PLACE	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
	Day 16		Day 17		Day 18		Day 19		Day 20	
PUSHUPS	4	12	4	12	6	15	REST	20	10	REST
SQUATS	15	25	15	25	20	50	REST	50	25	REST
LUNGE DIPS	10/side	15/side	10/side	15/side	12/side	20/side	REST	20/side	15/side	REST
SIT UPS	10	25	10	25	15	35	REST	50	20	REST
JACKS	50	80	50	80	75	100	REST	100	75	REST
	Day 21		Day 22		Day 23		Day 24		Day 25	
PLANK	:45	1:00	:45	1:00	:50	1:15	REST	1:20	1:00	REST
WALL SQUAT	:45	1:00	:45	1:00	:50	1:15	REST	1:20	1:00	REST
GLUTE BRIDGE	10	15	10	15	12	20	REST	25	15	REST
BICYCLES	:30	:45	:45	1:00	:45	1:00	REST	1:15	1:00	REST
SKATERS	:30	:45	:45	1:00	:45	1:00	REST	1:15	1:00	REST
	Day 26		Day 27		Day 28		Day 29		Day 30	
ELBOW PLANK	:30	:45	:30	:45	:45	1:00	REST	1:15	1:30	REST
SQUAT PULSES	75	100	75	100	100	150	REST	150	100	REST
SIDE LUNGE	8/side	12/side	8/side	12/side	10/side	18/side	REST	20/side	12/side	REST
LEG LIFTS	20	30	20	30	24	40	REST	50	30	REST
RUN IN PLACE	:20	:30	:20	:30	:30	:45	REST	1:00	:45	REST
	LEV 1	LEV 2	LEV 1	LEV 2	LEV 1	LEV 2	LEV 1	LEV 2	LEV 1	LEV 2

30 Day Strength Challenge: Choose level 1 or 2 (or combine them!) and perform the repetitions for each day's exercise as defined below. Stay positive, invite a friend to join you and have fun!



PUSH UP: (lev 1) Lying face down, brace your abs and use your arms to push yourself up as shown. Keep knees in contact with the floor and maintain a straight back. (lev 2) Lying face down, brace your abs and use your arms to push yourself up to **PLANK** as shown. Keep toes in contact with the floor and maintain a straight back.

SQUAT: Bend over at the waist, draw in your navel and keep your back straight while bending at your hips to send your butt back, keeping weight through your heels. Knees should not pass in front of your toes and should travel in line with your 2nd toes. Come back to standing. **WALL SQUAT:** Perform squat with back against a wall and hold in squat position for desired time. **SQUAT PULSES:** Perform squat as directed but come up halfway for desired reps.



LUNGE DIPS: Stand with feet shoulder-width-apart. Take a giant step forward, keeping your feet shoulder-width-apart. Dip the back knee towards the floor, keeping your pelvis level and straight. Front knee should bend in line with the 2nd toe and not pass the front of the foot. Press up and dip down for desired reps then step front foot back to start and switch legs.



GLUTE BRIDGE: Lie on back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your hips off the floor keeping heels on the ground. Pause then lower slowly and repeat for desired reps.



JACKS: Start in a standing position with hands by your side and feet together. Next, perform a mini-hop so while moving your legs move out to the side. At the same time, raise your arms to the side and then overhead and clap your hands. Then, hop again and return your hands and feet to original position. Repeat. **OPTION:** Remove the mini-hop and move one foot out to the side and move both hands above your head, alternating sides.



BICYCLES: While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.



SPEED SKATER: Hop side-to-side landing on one foot. Swing arms alternately to assist with momentum.



ELBOW PLANK: Lying face down, lift your body up on your elbows and toes. Maintain a straight spine, draw navel towards spine and align elbows under shoulders pressing away from the floor. Do not allow your hips or pelvis on either side to drop.



LEG LIFTS: Lie on your back, place hands under buttocks. Tilt pelvis so that lower back moves towards the floor and hold this position. Next, raise your legs up in the air to about 45 degrees. Maintain your lower spine held towards the floor as you lower legs back to floor.