

30 DAYS WORKOUT CHALLENGE

30 Days FULL BODY WORKOUT Challenge



lunges



mountain climber



single leg bridge



push-ups



bicycle crunches

DAY 1

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 2

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 3

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 4

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 5

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 6

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 7

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 8

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 9

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 10

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 11

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 12

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 13

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 14

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 15

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 16

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 17

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 18

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 19

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 20

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 21

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 22

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 23

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 24

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 25

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

30 Minute A Day Body Challenge

A Gutmann



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