

Marc's 30 Day Squat, Abs and Push Up Challenge



PU = Push Ups

SQ = Squats

SU = Sit Ups

CR = Crunches

LR = Leg Raises

PL = Plank (Seconds)

Weigh and measure yourself before 1st workout, then at the end of days 10/20/30

Take photo before Day One and after Day 30

Torso: Place the measuring tape just under your breasts/~~pecs~~ and measure around the torso while keeping the tape parallel to the floor.

Waist: Place the measuring tape about a 1/2 inch above your bellybutton. ~~When~~ measuring your waist, exhale and measure before inhaling again.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
PUx10, SQx50 SUx15, CRx5 LRx5, PL 10s	PUx15, SQx55 SUx20, CRx10 LRx8, PL 12s	PUx20, SQx60 SUx25, CRx15 LRx10, PL 15s	REST DAY! WELL DONE! FIRST PART BEAT!	PUx20, SQx70 SUx30, CRx25 LRx12, PL 20s	PUx25, SQx75 SUx35, CRx30 LRx15, PL 25s	PUx25, SQx80 SUx40, CRx35 LRx20, PL 30s
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
REST DAY! A FULL WEEK COMPLETED!	PUx30, SQx100 SUx45, CRx45 LRx30, PL 35s	PUx30, SQx105 SUx50, CRx50 LRx30, PL 38s	PUx35, SQx110 SUx55, CRx55 LRx33, PL 42s	REST DAY! NOTICE THE DIFFERENCE!!	PUx40, SQx130 SUx60, CRx65 LRx540, PL 50s	PUx40, SQx135 SUx65, CRx70 LRx42, PL 55s
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
PUx45, SQx140 SUx70, CRx75 LRx42, PL 60s	REST DAY! HALFWAY DONE! KEEP GOING!	PUx45, SQx150 SUx75, CRx85 LRx45, PL 65s	PUx50, SQx155 SUx80, CRx90 LRx48, PL 70s	PUx50, SQx160 SUx85, CRx95 LRx50, PL 75s	REST DAY! 2/3rds DONE! AMAZING!!	PUx55, SQx180 SUx90, CRx105 LRx52, PL 80s
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
PUx60, SQx185 SUx95, CRx110 LRx55, PL 85s	PUx60, SQx190 SUx100, CRx115 LRx58, PL 90s	REST DAY! LESS THAN A WEEK TO GO!	PUx65, SQx220 SUx105, CRx125 LRx60, PL 95s	PUx70, SQx225 SUx110, CRx130 LRx60, PL 100s	PUx70, SQx230 SUx115, CRx135 LRx62, PL 110s	REST DAY! ONLY TWO DAYS LEFT!!
Day 29	Day 30	Weight	Hips	Waist	Torso	Chest
PUx75, SQx240 SUx120, CRx145 LRx62, PL 115s	PUx75, SQx250 SUx125, CRx150 LRx65, PL 120s FINISHED!!!!	Day 0: Day 10: Day 20: Day 30:	Day 0: Day 10: Day 20: Day 30:	Day 0: Day 10: Day 20: Day 30:	Day 0: Day 10: Day 20: Day 30:	Day 0: Day 10: Day 20: Day 30:

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Chest: Place the tape under your arms as high as you can and measure around.

<http://hemingwayrun.wordpress.com>

PUT A BIG RED CROSS THROUGH EACH DAY AS YOU COMPLETE IT!