

30 DAY

WORKOUT CHALLENGE FOR BEGINNERS

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
35 sec Plank
15 Push Ups
25 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