

Good Morning, Sunshine!

30 Day Early Bird Workout Challenge Connect The Dots Ginger

1
20 Sit-ups
20 Squats
10 Pushups
30 Sec
Plank

2
22 Sit-ups
22 Squats
10 Pushups
30 Sec
Plank

3
24 Sit-ups
24 Squats
10 Pushups
30 Sec
Plank

4
26 Sit-ups
26 Squats
10 Pushups
30 Sec
Plank

5
28 Sit-ups
28 Squats
10 Pushups
30 Sec
Plank

6
30 Sit-ups
10 Pushups
60 Sec
Plank

7

REST
DAY

8
30 Sit-ups
30 Squats
12 Pushups
35 Sec
Plank

9
32 Sit-ups
32 Squats
12 Pushups
35 Sec
Plank

10
34 Sit-ups
34 Squats
12 Pushups
35 Sec
Plank

11
36 Sit-ups
36 Squats
12 Pushups
35 Sec
Plank

12
38 Sit-ups
38 Squats
12 Pushups
35 Sec
Plank

13
30 Sit-ups
10 Pushups
60 Sec
Plank

14

REST
DAY

15
40 Sit-ups
40 Squats
14 Pushups
40 Sec
Plank

16
42 Sit-ups
42 Squats
14 Pushups
40 Sec
Plank

17
44 Sit-ups
44 Squats
14 Pushups
40 Sec
Plank

18
46 Sit-ups
46 Squats
14 Pushups
40 Sec
Plank

19
48 Sit-ups
48 Squats
14 Pushups
40 Sec
Plank

20
30 Sit-ups
10 Pushups
60 Sec
Plank

21

REST
DAY

22
50 Sit-ups
50 Squats
16 Pushups
45 Sec
Plank

23
52 Sit-ups
52 Squats
16 Pushups
45 Sec
Plank

24
54 Sit-ups
54 Squats
16 Pushups
45 Sec
Plank

25
56 Sit-ups
56 Squats
16 Pushups
45 Sec
Plank

26
58 Sit-ups
58 Squats
16 Pushups
45 Sec
Plank

27
30 Sit-ups
10 Pushups
60 Sec
Plank

28

REST
DAY

29
60 Sit-ups
60 Squats
1Max Pushups
90 Sec Plank

30
60 Sit-ups
60 Squats
1Max Pushups
90 Sec Plank