

30 DAY WORKOUT CHALLENGE FOR BEGINNERS

Do this everyday for maximum results!

1

20 squats
25 second plank
10 reverse crunch
15 lunges
10 push ups
15 crunches
15 sec wall sits

2

20 squats
25 second plank
10 reverse crunch
15 lunges
10 push ups
15 crunches
15 sec wall sits

3

25 squats
30 second plank
15 reverse crunch
20 lunges
15 push ups
20 crunches
20 sec wall sits

4

25 squats
35 second plank
20 reverse crunch
25 lunges
20 push ups
35 crunches
25 sec wall sits

5

25 squats
35 second plank
20 reverse crunch
25 lunges
20 push ups
35 crunches
25 sec wall sits

6

30 squats
40 second plank
25 reverse crunch
30 lunges
30 push ups
40 crunches
30 sec wall sits

7

30 squats
40 second plank
25 reverse crunch
30 lunges
30 push ups
40 crunches
30 sec wall sits

8

35 squats
45 second plank
30 reverse crunch
35 lunges
35 push ups
45 crunches
35 sec wall sits

9

35 squats
45 second plank
35 reverse crunch
40 lunges
40 push ups
45 crunches
40 sec wall sits

10

35 squats
45 second plank
35 reverse crunch
40 lunges
40 push ups
45 crunches
40 sec wall sits

11

40 squats
50 second plank
40 reverse crunch
45 lunges
45 push ups
50 crunches
45 sec wall sits

12

40 squats
50 second plank
40 reverse crunch
45 lunges
45 push ups
50 crunches
45 sec wall sits

13

45 squats
55 second plank
45 reverse crunch
50 lunges
50 push ups
55 crunches
50 sec wall sits

14

45 squats
55 second plank
50 reverse crunch
55 lunges
55 push ups
55 crunches
55 sec wall sits

15

45 squats
55 second plank
55 reverse crunch
55 lunges
55 push ups
55 crunches
55 sec wall sits

16

50 squats
60 second plank
60 reverse crunch
60 lunges
60 push ups
65 crunches
60 sec wall sits

17

50 squats
60 second plank
60 reverse crunch
60 lunges
60 push ups
65 crunches
60 sec wall sits

18

55 squats
65 second plank
65 reverse crunch
65 lunges
65 push ups
70 crunches
65 sec wall sits

19

55 squats
65 second plank
70 reverse crunch
70 lunges
70 push ups
75 crunches
70 sec wall sits

20

55 squats
65 second plank
70 reverse crunch
70 lunges
70 push ups
75 crunches
70 sec wall sits

21

60 squats
70 second plank
75 reverse crunch
75 lunges
75 push ups
80 crunches
75 sec wall sits

22

60 squats
70 second plank
75 reverse crunch
75 lunges
75 push ups
80 crunches
75 sec wall sits

23

65 squats
75 second plank
80 reverse crunch
80 lunges
80 push ups
85 crunches
80 sec wall sits

24

65 squats
75 second plank
85 reverse crunch
80 lunges
80 push ups
85 crunches
80 sec wall sits

25

65 squats
75 second plank
85 reverse crunch
80 lunges
80 push ups
85 crunches
80 sec wall sits

26

70 squats
90 second plank
95 reverse crunch
95 lunges
90 push ups
95 crunches
90 sec wall sits

27

70 squats
90 second plank
95 reverse crunch
95 lunges
90 push ups
95 crunches
90 sec wall sits

28

75 squats
95 second plank
100 reverse crunch
100 lunges
95 push ups
100 crunches
90 sec wall sits

29

75 squats
95 second plank
105 reverse crunch
105 lunges
100 push ups
105 crunches
95 sec wall sits

30

75 squats
95 second plank
105 reverse crunch
105 lunges
100 push ups
105 crunches
95 sec wall sits