

# 30 DAY WORKOUT CHALLENGE FOR BEGINNERS

Do this everyday for maximum results!

<b>1</b> 20 squats 25 second plank 10 reverse crunch 15 lunges 10 push ups 15 crunches 15 sec wall sits	<b>2</b> 20 squats 25 second plank 10 reverse crunch 15 lunges 10 push ups 15 crunches 15 sec wall sits	<b>3</b> 25 squats 30 second plank 15 reverse crunch 20 lunges 15 push ups 20 crunches 20 sec wall sits	<b>4</b> 25 squats 35 second plank 20 reverse crunch 25 lunges 20 push ups 35 crunches 25 sec wall sits	<b>5</b> 25 squats 35 second plank 20 reverse crunch 25 lunges 20 push ups 35 crunches 25 sec wall sits
<b>6</b> 30 squats 40 second plank 25 reverse crunch 30 lunges 30 push ups 40 crunches 30 sec wall sits	<b>7</b> 30 squats 40 second plank 25 reverse crunch 30 lunges 30 push ups 40 crunches 30 sec wall sits	<b>8</b> 35 squats 45 second plank 30 reverse crunch 35 lunges 35 push ups 45 crunches 35 sec wall sits	<b>9</b> 35 squats 45 second plank 35 reverse crunch 40 lunges 40 push ups 45 crunches 40 sec wall sits	<b>10</b> 35 squats 45 second plank 35 reverse crunch 40 lunges 40 push ups 45 crunches 40 sec wall sits
<b>11</b> 40 squats 50 second plank 40 reverse crunch 45 lunges 45 push ups 50 crunches 45 sec wall sits	<b>12</b> 40 squats 50 second plank 40 reverse crunch 45 lunges 45 push ups 50 crunches 45 sec wall sits	<b>13</b> 45 squats 55 second plank 45 reverse crunch 50 lunges 50 push ups 55 crunches 50 sec wall sits	<b>14</b> 45 squats 55 second plank 50 reverse crunch 55 lunges 55 push ups 55 crunches 55 sec wall sits	<b>15</b> 45 squats 55 second plank 55 reverse crunch 55 lunges 55 push ups 55 crunches 55 sec wall sits
<b>16</b> 50 squats 60 second plank 60 reverse crunch 60 lunges 60 push ups 65 crunches 60 sec wall sits	<b>17</b> 50 squats 60 second plank 60 reverse crunch 60 lunges 60 push ups 65 crunches 60 sec wall sits	<b>18</b> 55 squats 65 second plank 65 reverse crunch 65 lunges 65 push ups 70 crunches 65 sec wall sits	<b>19</b> 55 squats 65 second plank 70 reverse crunch 70 lunges 70 push ups 75 crunches 70 sec wall sits	<b>20</b> 55 squats 65 second plank 70 reverse crunch 70 lunges 70 push ups 75 crunches 70 sec wall sits
<b>21</b> 60 squats 70 second plank 75 reverse crunch 75 lunges 75 push ups 80 crunches 75 sec wall sits	<b>22</b> 60 squats 70 second plank 75 reverse crunch 75 lunges 75 push ups 80 crunches 75 sec wall sits	<b>23</b> 65 squats 75 second plank 80 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits	<b>24</b> 65 squats 75 second plank 85 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits	<b>25</b> 65 squats 75 second plank 85 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits
<b>26</b> 70 squats 90 second plank 95 reverse crunch 95 lunges 90 push ups 95 crunches 90 sec wall sits	<b>27</b> 70 squats 90 second plank 95 reverse crunch 95 lunges 90 push ups 95 crunches 90 sec wall sits	<b>28</b> 75 squats 95 second plank 100 reverse crunch 100 lunges 95 push ups 100 crunches 90 sec wall sits	<b>29</b> 75 squats 95 second plank 105 reverse crunch 105 lunges 100 push ups 105 crunches 95 sec wall sits	<b>30</b> 75 squats 95 second plank 105 reverse crunch 105 lunges 100 push ups 105 crunches 95 sec wall sits