

Women'sHealth

**30
DAY**

FITNESS CHALLENGE



WEEK 1 Focus on your form

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|------------|----------------|------------|--------|----------------|--------|
| Lower Body | Upper Body | Cross-Training | Total Body | Abs | Cross-Training | × |

WEEK 2 Go for more reps

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|------------|----------------|------------|--------|----------------|--------|
| Lower Body | Upper Body | Cross-Training | Total Body | Abs | Cross-Training | × |

WEEK 3 Try a new cross-training workout

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|------------|----------------|------------|--------|----------------|--------|
| Lower Body | Upper Body | Cross-Training | Total Body | Abs | Cross-Training | × |

WEEK 4 Complete an extra round

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|------------|----------------|------------|--------|----------------|--------|
| Lower Body | Upper Body | Cross-Training | Total Body | Abs | Cross-Training | × |

WEEK 5 Finish strong

| MONDAY | TUESDAY |
|------------|------------|
| Lower Body | Upper Body |