

28-day workout challenge

Day 1			Day 2			Day 3		
	SETS	REPS		SETS	REPS		SETS	REPS
Running in place	2	30sec	30 minute walk			Jumping Jacks	2	15
Lunges	2	10	Planks	2	30 sec	Push-ups	2	10
Glute bridges	2	10	Crunches	2	10	Bicep curls	2	10
Running in place	2	30sec	Flutter kicks	2	10	Triceps extensions	2	10
Squats	2	10	Bicycle crunch	2	10	Front raises	2	10
						Jumping Jacks	1	15
						Military press	2	8
Day 4			Day 5			Day 6		
	SETS	REPS		SETS	REPS		SETS	REPS
Rest			30 minute walk			Running in place	2	30 secs
						Lunges	2	10
						Glute bridges	2	10
			FITNESSCHAT.CO			Running in place	2	30 sec
						Squats	2	10
Day 7			Day 8			Day 9		
	SETS	REPS		SETS	REPS		SETS	REPS
Rest			Jumping Jacks	2	15	Jump squats	2	10
			Push-ups	2	12	Glute bridges	2	12
			Bicep curls	2	12	Lunges	2	12
			Jumping Jacks	2	15	Dumbbell squats	2	12
			Triceps extensions	2	12	Good mornings	2	12
			Front raises	2	12	Step ups	2	20
			Jumping Jacks	2	15	Deadlifts	2	10
			Military press	2	10	Jump squats	1	15
Day 10			Day 11			Day 12		
	SETS	REPS		SETS	REPS		SETS	REPS
Jump squats	2	10	Planks	3	30	Jump squats	2	10
Glute bridges	2	12	sec			Glute bridges	2	12
Lunges	2	12	Crunches	3	10	Lunges	2	12
Dumbbell squats	2	12	Flutter kicks	3	10	Dumbbell squats	2	12
Good mornings	2	12	Bicycle crunch	3	10	Good mornings	2	12
Step ups	2	20	30 minute walk			Step ups	2	20
Deadlifts	2	10				Deadlifts	2	10
Jump squats	1	15				Jump squats	1	15
Day 13			Day 14					
	SETS	REPS		SETS	REPS			
30 minute walk			Rest			FITNESSCHAT.CO		