

EXERCISE
Sometimes later
becomes never

30 day June challenge

WAKE UP
READY
TO SWEAT!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1 pushup 20 sec plank 50 squats
2 2 pushups 20 sec plank 55 squats	3 3 pushups 30 sec plank 60 squats	4 4 pushups 30 sec plank	5 5 pushups 40 sec plank 70 squats	6 6 pushups 75 squats	7 7 pushups 45 sec plank 80 squats	8 8 pushups 45 sec plank
9 9 pushups 1 min plank 100 squats	10 10 pushups 1 min plank 105 squats	11 11 pushups 1 min plank 110 squats	12 12 pushups 1.5 min plank	13 13 pushups 130 squats	14 14 pushups 1.5 min plank 135 squats	15 15 pushups 1.5 min plank 140 squats
16 16 pushups 2 min plank	17 17 pushups 2 min plank 150 squats	18 18 pushups 2.5 min plank 155 squats	19 19 pushups 160 squats	20 20 pushups 2.5 min plank	21 21 pushups 2.5 min plank 180 squats	22 22 pushups 3 min plank 185 squats
23 23 pushups 3 min plank 190 squats	24 24 pushups 3.5 min plank	25 25 pushups 3.5 min plank 220 squats	26 26 pushups 225 squats	27 27 pushups 4 min plank 230 squats	28 28 pushups 4 min plank	29 29 pushups 4.5 min plank 240 squats
30 30 pushups 5 min plank 250 squats						

Instagram: @AudioOfHappiness
Facebook: /AudioOfHappiness

HUB of
happiness