

30 DAYS WORKOUT CHALLENGE

30 Days FULL BODY WORKOUT Challenge



lunges



mountain climber



single leg bridge



push-ups



bicycle crunches

DAY 1

- ☐ 11 lunges
- ☐ 11 mountain climber
- ☐ 11 single leg bridge
- ☐ 11 push-ups
- ☐ 11 bicycle crunches

DAY 2

- ☐ 12 lunges
- ☐ 12 mountain climber
- ☐ 12 single leg bridge
- ☐ 12 push-ups
- ☐ 12 bicycle crunches

DAY 3

- ☐ 13 lunges
- ☐ 13 mountain climber
- ☐ 13 single leg bridge
- ☐ 13 push-ups
- ☐ 13 bicycle crunches

DAY 4

- ☐ 14 lunges
- ☐ 14 mountain climber
- ☐ 14 single leg bridge
- ☐ 14 push-ups
- ☐ 14 bicycle crunches

DAY 5

- ☐ 15 lunges
- ☐ 15 mountain climber
- ☐ 15 single leg bridge
- ☐ 15 push-ups
- ☐ 15 bicycle crunches

DAY 6

- ☐ 16 lunges
- ☐ 16 mountain climber
- ☐ 16 single leg bridge
- ☐ 16 push-ups
- ☐ 16 bicycle crunches

DAY 7

- ☐ 17 lunges
- ☐ 17 mountain climber
- ☐ 17 single leg bridge
- ☐ 17 push-ups
- ☐ 17 bicycle crunches

DAY 8

- ☐ 18 lunges
- ☐ 18 mountain climber
- ☐ 18 single leg bridge
- ☐ 18 push-ups
- ☐ 18 bicycle crunches

DAY 9

- ☐ 19 lunges
- ☐ 19 mountain climber
- ☐ 19 single leg bridge
- ☐ 19 push-ups
- ☐ 19 bicycle crunches

DAY 10

- ☐ 20 lunges
- ☐ 20 mountain climber
- ☐ 20 single leg bridge
- ☐ 20 push-ups
- ☐ 20 bicycle crunches

DAY 11

- ☐ 21 lunges
- ☐ 21 mountain climber
- ☐ 21 single leg bridge
- ☐ 21 push-ups
- ☐ 21 bicycle crunches

DAY 12

- ☐ 22 lunges
- ☐ 22 mountain climber
- ☐ 22 single leg bridge
- ☐ 22 push-ups
- ☐ 22 bicycle crunches

DAY 13

- ☐ 23 lunges
- ☐ 23 mountain climber
- ☐ 23 single leg bridge
- ☐ 23 push-ups
- ☐ 23 bicycle crunches

DAY 14

- ☐ 24 lunges
- ☐ 24 mountain climber
- ☐ 24 single leg bridge
- ☐ 24 push-ups
- ☐ 24 bicycle crunches

DAY 15

- ☐ 25 lunges
- ☐ 25 mountain climber
- ☐ 25 single leg bridge
- ☐ 25 push-ups
- ☐ 25 bicycle crunches

DAY 16

- ☐ 26 lunges
- ☐ 26 mountain climber
- ☐ 26 single leg bridge
- ☐ 26 push-ups
- ☐ 26 bicycle crunches

DAY 17

- ☐ 27 lunges
- ☐ 27 mountain climber
- ☐ 27 single leg bridge
- ☐ 27 push-ups
- ☐ 27 bicycle crunches

DAY 18

- ☐ 28 lunges
- ☐ 28 mountain climber
- ☐ 28 single leg bridge
- ☐ 28 push-ups
- ☐ 28 bicycle crunches

DAY 19

- ☐ 29 lunges
- ☐ 29 mountain climber
- ☐ 29 single leg bridge
- ☐ 29 push-ups
- ☐ 29 bicycle crunches

DAY 20

- ☐ 30 lunges
- ☐ 30 mountain climber
- ☐ 30 single leg bridge
- ☐ 30 push-ups
- ☐ 30 bicycle crunches

DAY 21

- ☐ 31 lunges
- ☐ 31 mountain climber
- ☐ 31 single leg bridge
- ☐ 31 push-ups
- ☐ 31 bicycle crunches

DAY 22

- ☐ 32 lunges
- ☐ 32 mountain climber
- ☐ 32 single leg bridge
- ☐ 32 push-ups
- ☐ 32 bicycle crunches

DAY 23

- ☐ 33 lunges
- ☐ 33 mountain climber
- ☐ 33 single leg bridge
- ☐ 33 push-ups
- ☐ 33 bicycle crunches

DAY 24

- ☐ 34 lunges
- ☐ 34 mountain climber
- ☐ 34 single leg bridge
- ☐ 34 push-ups
- ☐ 34 bicycle crunches

DAY 25

- ☐ 35 lunges
- ☐ 35 mountain climber
- ☐ 35 single leg bridge
- ☐ 35 push-ups
- ☐ 35 bicycle crunches