

30 DAYS

CHAIR WORKOUT CHALLENGE



DAY 1 <small>Date: _____</small> - 10 bridges - 10 lifts	DAY 2 <small>Date: _____</small> - 10 Lunges (L) - 3 pushups - 10 Lunges (R)	DAY 3 <small>Date: _____</small> - 5 bridges - 10 lifts	DAY 4 <small>Date: _____</small> REST	DAY 5 <small>Date: _____</small> - 10 Lunges (L) - 5 pushups - 10 lifts - 10 Lunges (R)
DAY 6 <small>Date: _____</small> - 10 bridges - 10 lifts	DAY 7 <small>Date: _____</small> - 10 Lunges - 3 pushups	DAY 8 <small>Date: _____</small> - 10 bridges	DAY 9 <small>Date: _____</small> REST	DAY 10 <small>Date: _____</small> - 10 Lunges (L) - 5 pushups - 10 Lunges (R) - 10 lifts
DAY 11 <small>Date: _____</small> - 10 bridges - 10 lifts	DAY 12 <small>Date: _____</small> - 5 Lunges (L) - 3 pushups - 5 Lunges (R)	DAY 13 <small>Date: _____</small> REST	DAY 14 <small>Date: _____</small> - 10 bridges - 10 lifts - 3 pushups - 5 Lunges	DAY 15 <small>Date: _____</small> REST
DAY 16 <small>Date: _____</small> - 10 bridges - 5 pushups	DAY 17 <small>Date: _____</small> - 10 Lunges - 10 lifts	DAY 18 <small>Date: _____</small> - 5 bridges - 3 pushups - 5 Lunges (L) - 5 lifts - 5 Lunges (R)	DAY 19 <small>Date: _____</small> REST	DAY 20 <small>Date: _____</small> - 5 bridges - 3 pushups - 5 Lunges (L) - 5 lifts - 5 Lunges (R)
DAY 21 <small>Date: _____</small> - 10 bridges - 10 lifts	DAY 22 <small>Date: _____</small> - 10 Lunges - 5 pushups	DAY 23 <small>Date: _____</small> REST	DAY 24 <small>Date: _____</small> - 3 pushups - 10 bridges - 2 pushups	DAY 25 <small>Date: _____</small> - 10 Lunges (L) - 15 lifts - 10 Lunges (R)
DAY 26 <small>Date: _____</small> REST	DAY 27 <small>Date: _____</small> - 5 bridges - 3 pushups - 5 Lunges - 5 lifts	DAY 28 <small>Date: _____</small> - 10 bridges - 10 lifts	DAY 29 <small>Date: _____</small> REST	DAY 30 <small>Date: _____</small> - 10 bridges - 5 pushups - 10 Lunges - 10 lifts