

30-DAY CHALLENGE

DAY 1 Pushups: 5 Squats: 50 Situps: 10 Lunges: 20	DAY 2 Pushups: 5 Squats: 55 Situps: 15 Lunges: 21	DAY 3 Pushups: 7 Squats: 60 Situps: 15 Lunges: 22	DAY 4 Pushups: 7 Squats: REST Situps: 25 Lunges: 23	DAY 5 Pushups: 8 Squats: 70 Situps: 30 Lunges: REST	DAY 6 Pushups: 9 Squats: 75 Situps: 35 Lunges: 25	DAY 7 Pushups: REST Squats: 80 Situps: REST Lunges: 26
DAY 8 Pushups: 8 Squats: REST Situps: 45 Lunges: 27	DAY 9 Pushups: 9 Squats: 100 Situps: 45 Lunges: 28	DAY 10 Pushups: 10 Squats: 105 Situps: 50 Lunges: 29	DAY 11 Pushups: 10 Squats: 110 Situps: 55 Lunges: REST	DAY 12 Pushups: 12 Squats: REST Situps: 55 Lunges: 31	DAY 13 Pushups: 12 Squats: 130 Situps: REST Lunges: 32	DAY 14 Pushups: REST Squats: 135 Situps: 60 Lunges: 33
DAY 15 Pushups: 13 Squats: 140 Situps: 65 Lunges: 34	DAY 16 Pushups: 15 Squats: REST Situps: 65 Lunges: 35	DAY 17 Pushups: 16 Squats: 150 Situps: 70 Lunges: 36	DAY 18 Pushups: 16 Squats: 155 Situps: 70 Lunges: REST	DAY 19 Pushups: 19 Squats: 160 Situps: 75 Lunges: 38	DAY 20 Pushups: 21 Squats: REST Situps: 75 Lunges: 39	DAY 21 Pushups: REST Squats: 180 Situps: 75 Lunges: 40
DAY 22 Pushups: 23 Squats: 185 Situps: REST Lunges: 41	DAY 23 Pushups: 26 Squats: 190 Situps: 80 Lunges: 42	DAY 24 Pushups: 28 Squats: REST Situps: 80 Lunges: 43	DAY 25 Pushups: 30 Squats: 220 Situps: 85 Lunges: REST	DAY 26 Pushups: 32 Squats: 225 Situps: 85 Lunges: 45	DAY 27 Pushups: 34 Squats: 230 Situps: 90 Lunges: 46	DAY 28 Pushups: 36 Squats: REST Situps: REST Lunges: 47
DAY 29 Pushups: 38 Squats: 240 Situps: 95 Lunges: 49	DAY 30 Pushups: 40 Squats: 250 Situps: 100 Lunges: 50					