



30 DAY FULL BODY CHALLENGE

NO EQUIPMENT REQUIRED

<p>1</p> <p>10 squats 10 push-ups 10 sit-ups</p>	<p>2</p> <p>10 jumping squats 10 tricep dips 20 sec plank</p>	<p>3</p> <p>10 mountain climbers 10 push-ups 10 russian twists</p>	<p>4</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>5</p> <p>10 curtesy lunges 10 tricep dips 10 hip bridges 10 reverse sit-ups</p>
<p>6</p> <p>20 squats 20 push-ups 20 sit-ups</p>	<p>7</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>8</p> <p>20 jumping squats 20 tricep dips 30 sec plank</p>	<p>9</p> <p>20 mountain climbers 20 push-ups 20 russian twists</p>	<p>10</p> <p>20 curtesy lunges 20 tricep dips 20 hip bridges 20 reverse sit-ups</p>
<p>11</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>12</p> <p>30 squats 30 push-ups 30 sit-ups</p>	<p>13</p> <p>30 jumping squats 30 tricep dips 45 sec plank</p>	<p>14</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>15</p> <p>30 mountain climbers 30 push-ups 30 russian twists</p>
<p>16</p> <p>30 curtesy lunges 30 tricep dips 30 hip bridges 30 reverse sit-ups</p>	<p>17</p> <p>40 squats 40 push-ups 40 sit-ups</p>	<p>18</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>19</p> <p>40 jumping squats 40 tricep dips 1 min plank</p>	<p>20</p> <p>40 mountain climbers 40 push-ups 40 russian twists</p>
<p>21</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>22</p> <p>40 curtesy lunges 40 tricep dips 40 hip bridges 40 reverse sit-ups</p>	<p>23</p> <p>50 squats 50 push-ups 50 sit-ups</p>	<p>24</p> <p>50 jumping squats 50 tricep dips 1 min 15 sec plank</p>	<p>25</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>
<p>26</p> <p>50 mountain climbers 50 push-ups 50 russian twists</p>	<p>27</p> <p>50 curtesy lunges 50 tricep dips 50 hip bridges 50 reverse sit-ups</p>	<p>28</p> <p>ACTIVE RECOVERY</p> <p>easy walk/jog</p>	<p>29</p> <p>75 squats 75 push-ups 75 sit-ups 75 tricep dips 2 min plank</p>	<p>30</p> <p>75 curtesy lunges 75 russian twists 75 hip bridges 75 reverse sit-ups</p>