

30 DAY FULL BODY CHALLENGE

NO EQUIPMENT REQUIRED

joyful healthy
EATS

DAY 1

10 squats
10 push-ups
10 sit-ups

DAY 2

10 jumping squats
10 tricep dips
20 sec plank

DAY 3

10 mountain climbers
10 push-ups
10 russian twist

DAY 4

Active Recovery
—————
easy walk/jog

DAY 5

10 curtsy lunges
10 tricep dips
10 hip bridges
10 reverse sit-ups

DAY 6

20 squats
20 push-ups
20 sit-ups

DAY 7

Active Recovery
—————
easy walk/jog

DAY 8

20 jumping squats
20 tricep dips
30 sec plank

DAY 9

20 mountain climbers
20 push-ups
20 russian twist

DAY 10

20 curtsy lunges
20 tricep dips
20 hip bridges
20 reverse sit-ups

DAY 11

Active Recovery
—————
easy walk/jog

DAY 12

30 squats
30 push-ups
30 sit-ups

DAY 13

30 jumping squats
30 tricep dips
45 sec plank

DAY 14

Active Recovery
—————
easy walk/jog

DAY 15

30 mountain climbers
30 push-ups
30 russian twist

DAY 16

30 curtsy lunges
30 tricep dips
30 hip bridges
30 reverse sit-ups

DAY 17

40 squats
40 push-ups
40 sit-ups

DAY 18

Active Recovery
—————
easy walk/jog

DAY 19

40 jumping squats
40 tricep dips
1 min plank

DAY 20

40 mountain climbers
40 push-ups
40 russian twist

DAY 21

Active Recovery
—————
easy walk/jog

DAY 22

40 curtsy lunges
40 tricep dips
40 hip bridges
40 reverse sit-ups

DAY 23

50 squats
50 push-ups
50 sit-ups

DAY 24

50 jumping squats
50 tricep dips
1 min 15 sec plank

DAY 25

Active Recovery
—————
easy walk/jog

DAY 26

50 mountain climbers
50 push-ups
50 russian twist

DAY 27

50 curtsy lunges
50 tricep dips
50 hip bridges
50 reverse sit-ups

DAY 28

Active Recovery
—————
easy walk/jog

DAY 29

75 squats
75 push-ups
75 sit-ups
75 tricep dips
2 min plank

DAY 30

75 curtsy lunges
75 russian twists
75 hip bridges
75 reverse sit-ups