

# 30 DAY FITNESS CHALLENGE

## Plank Challenge

Day 1: 30 Seconds	Day 16: 50 Seconds
Day 2: 30 Seconds	Day 17: 55 Seconds
Day 3: 30 Seconds	Day 18: 55 Seconds
Day 4: 35 Seconds	Day 19: 55 Seconds
Day 5: 35 Seconds	Day 20: 60 Seconds
Day 6: 35 Seconds	Day 21: 60 Seconds
Day 7: 40 Seconds	Day 22: 60 Seconds
Day 8: 40 Seconds	Day 23: 65 Seconds
Day 9: 40 Seconds	Day 24: 65 Seconds
Day 10: 45 Seconds	Day 25: 65 Seconds
Day 11: 45 Seconds	Day 26: 70 Seconds
Day 12: 45 Seconds	Day 27: 70 Seconds
Day 13: 45 Seconds	Day 28: 70 Seconds
Day 14: 50 Seconds	Day 29: 75 Seconds
Day 15: 50 Seconds	Day 30: 75 Seconds

## Push-Up Challenge

Day 1: 5 Pushups	Day 16: 12 Pushups
Day 2: 5 Pushups	Day 17: 12 Pushups
Day 3: 6 Pushups	Day 18: 12 Pushups
Day 4: 6 Pushups	Day 19: 14 Pushups
Day 5: 6 Pushups	Day 20: 14 Pushups
Day 6: 7 Pushups	Day 21: 14 Pushups
Day 7: 7 Pushups	Day 22: 16 Pushups
Day 8: 8 Pushups	Day 23: 16 Pushups
Day 9: 8 Pushups	Day 24: 16 Pushups
Day 10: 8 Pushups	Day 25: 18 Pushups
Day 11: 9 Pushups	Day 26: 18 Pushups
Day 12: 9 Pushups	Day 27: 18 Pushups
Day 13: 10 Pushups	Day 28: 20 Pushups
Day 14: 10 Pushups	Day 29: 20 Pushups
Day 15: 10 Pushups	Day 30: 20 Pushups

## Crunch Challenge

Day 1: 25 Crunches	Day 16: 40 Crunches
Day 2: 25 Crunches	Day 17: 40 Crunches
Day 3: 25 Crunches	Day 18: 40 Crunches
Day 4: 25 Crunches	Day 19: 45 Crunches
Day 5: 25 Crunches	Day 20: 45 Crunches
Day 6: 30 Crunches	Day 21: 45 Crunches
Day 7: 30 Crunches	Day 22: 50 Crunches
Day 8: 30 Crunches	Day 23: 50 Crunches
Day 9: 30 Crunches	Day 24: 50 Crunches
Day 10: 30 Crunches	Day 25: 55 Crunches
Day 11: 35 Crunches	Day 26: 55 Crunches
Day 12: 35 Crunches	Day 27: 55 Crunches
Day 13: 35 Crunches	Day 28: 60 Crunches
Day 14: 35 Crunches	Day 29: 60 Crunches
Day 15: 35 Crunches	Day 30: 60 Crunches

## Burpee Challenge

Day 1: 5 Burpees	Day 11: 12 Burpees	Day 21: 20 Burpees
Day 2: 5 Burpees	Day 12: 12 Burpees	Day 22: 20 Burpees
Day 3: 5 Burpees	Day 13: 12 Burpees	Day 23: 20 Burpees
Day 4: 5 Burpees	Day 14: 12 Burpees	Day 24: 20 Burpees
Day 5: 8 Burpees	Day 15: 15 Burpees	Day 25: 22 Burpees
Day 6: 8 Burpees	Day 16: 15 Burpees	Day 26: 22 Burpees
Day 7: 8 Burpees	Day 17: 15 Burpees	Day 27: 22 Burpees
Day 8: 10 Burpees	Day 18: 18 Burpees	Day 28: 25 Burpees
Day 9: 10 Burpees	Day 19: 18 Burpees	Day 29: 25 Burpees
Day 10: 10 Burpees	Day 20: 18 Burpees	Day 30: 25 Burpees

## Squat Challenge

Day 1: 25 Squats	Day 11: 40 Squats	Day 21: 55 Squats
Day 2: 25 Squats	Day 12: 40 Squats	Day 22: 55 Squats
Day 3: 25 Squats	Day 13: 40 Squats	Day 23: 55 Squats
Day 4: 25 Squats	Day 14: 40 Squats	Day 24: 60 Squats
Day 5: 30 Squats	Day 15: 45 Squats	Day 25: 60 Squats
Day 6: 30 Squats	Day 16: 45 Squats	Day 26: 60 Squats
Day 7: 30 Squats	Day 17: 45 Squats	Day 27: 65 Squats
Day 8: 35 Squats	Day 18: 50 Squats	Day 28: 65 Squats
Day 9: 35 Squats	Day 19: 50 Squats	Day 29: 70 Squats
Day 10: 35 Squats	Day 20: 50 Squats	Day 30: 75 Squats

# 30 DAY FITNESS CHALLENGE CALENDAR

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					