

# 30 DAY STRENGTH TRAINING CHALLENGE

*For Runners*

DAY	STRENGTH MOVES	✓	DAY	STRENGTH MOVES	✓	DAY	STRENGTH MOVES	✓
<b>1</b>	15 Squats 15 Lunges <i>(each side)</i> 15 Supermans 30 Second Plank		<b>6</b>	40 Second Bridge 25 Clamshells <i>(each side)</i> 20 Pushups Side Plank with 12 Lifts <i>(each side)</i>		<b>11</b>	25 Jump Squats 15 One Leg Bridge Lifts <i>(each side)</i> 30 Supermans 45 Second Plank with 10 Taps	
<b>2</b>	30 Second Bridge 20 Clamshells <i>(each side)</i> 15 Pushups Side Plank with 10 Lifts <i>(each side)</i>		<b>7</b>	20 Jump Squats 12 One Leg Bridge Lifts <i>(each side)</i> 25 Supermans 40 Second Plank with 10 Taps		<b>12</b>	25 Jump Lunges 30 Clamshells <i>(each side)</i> 25 Pushups 45 Second Side Plank <i>(each side)</i>	
<b>3</b>	15 Jump Squats 10 One Leg Bridge Lifts <i>(each side)</i> 20 Supermans 30 Second Plank with 10 Taps		<b>8</b>	20 Jump Lunges 25 Clamshells <i>(each side)</i> 20 Pushups 40 Second Side Plank <i>(each side)</i>		<b>13</b>	25 Squats 25 Lunges <i>(each side)</i> 25 Supermans 50 Second Plank	
<b>4</b>	15 Jump Lunges 20 Clamshells <i>(each side)</i> 15 Pushups 30 Second Side Plank <i>(each side)</i>		<b>9</b>	20 Squats 20 Lunges <i>(each side)</i> 20 Supermans 30 Second Plank		<b>14</b>	50 Second Bridge 35 Clamshells <i>(each side)</i> 30 Pushups Side Plank with 18 Lifts <i>(each side)</i>	
<b>5</b>	20 Squats 20 Lunges <i>(each side)</i> 20 Supermans 45 Second Plank		<b>10</b>	45 Second Bridge 30 Clamshells <i>(each side)</i> 25 Pushups Side Plank with 15 Lifts <i>(each side)</i>		<b>15</b>	25 Jump Squats 15 One Leg Bridge Lifts <i>(each side)</i> 30 Supermans 45 Second Plank with 16 Taps	

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16	30 Jump Lunges 35 Clamshells <i>(each side)</i> 30 Pushups 50 Second Side Plank <i>(each side)</i>		21	35 Squats 35 Lunges <i>(each side)</i> 35 Supermans 70 Second Plank		26	60 Second Bridge 45 Clamshells <i>(each side)</i> 40 Pushups Side Plank & 20 Lifts <i>(each side)</i>	
17	30 Squats 30 Lunges <i>(each side)</i> 30 Supermans 60 Second Plank		22	30 Second Bridge 20 Clamshells <i>(each side)</i> 15 Pushups Side Plank with 10 Lifts <i>(each side)</i>		27	35 Jump Squats 20 One Leg Bridge Lifts <i>(each side)</i> 40 Supermans 60 Second Plank with 24 Taps	
18	55 Second Bridge 40 Clamshells <i>(each side)</i> 35 Pushups Side Plank with 20 Lifts <i>(each side)</i>		23	30 Jump Squats 20 One Leg Bridge Lifts <i>(each side)</i> 35 Supermans 60 Second Plank with 20 Taps		28	50 Jump Lunges 50 Clamshells <i>(each side)</i> 30 Pushups 60 Second Side Plank <i>(each side)</i>	
19	30 Jump Squats 18 One Leg Bridge Lifts <i>(each side)</i> 35 Supermans 45 Second Plank with 20 Taps		24	45 Jump Lunges 45 Clamshells <i>(each side)</i> 30 Pushups 60 Second Side Plank <i>(each side)</i>		29	45 Squats 45 Lunges <i>(each side)</i> 45 Supermans 90 Second Plank	
20	35 Jump Lunges 40 Clamshells <i>(each side)</i> 30 Pushups 60 Second Side Plank <i>(each side)</i>		25	40 Squats 40 Lunges <i>(each side)</i> 40 Supermans 80 Second Plank		30	60 Second Bridge 50 Clamshells <i>(each side)</i> 40 Pushups Side Plank with 20 Lifts <i>(each side)</i>	