

30 DAY MORNING WORKOUT CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Lunges x 30 • Wall Sit x 45 sec • Jumping Jacks x 20 • Crunches x 30 • Plank x 45 sec 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 sec • High Knees x 50 • Bicycles x 30 • Side Plank x 30 sec each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank w Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Forward Lunges x 30 • Wall Sit x 45 seconds • Jumping Jacks x 50 • Crunches x 30 • Plank x 45 seconds 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 seconds • High Knees x 50 • Bicycles x 30 • Side Plank x 30 seconds each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Cross Country Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank with Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Forward Lunges x 30 • Wall Sit x 45 seconds • Jumping Jacks x 50 • Crunches x 30 • Plank x 45 seconds 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 seconds • High Knees x 50 • Bicycles x 30 • Side Plank x 30 seconds each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Cross Country Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank with Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Forward Lunges x 30 • Wall Sit x 45 seconds • Jumping Jacks x 50 • Crunches x 30 • Plank x 45 seconds 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 seconds • High Knees x 50 • Bicycles x 30 • Side Plank x 30 seconds each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Cross Country Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank with Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each

30 DAY MORNING WORKOUT CHALLENGE

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Forward Lunges x 30 • Wall Sit x 45 seconds • Jumping Jacks x 50 • Crunches x 30 • Plank x 45 seconds 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 seconds • High Knees x 50 • Bicycles x 30 • Side Plank x 30 seconds each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Cross Country Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank with Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<ul style="list-style-type: none"> • Squats x 25 • Push Ups x 30 • Forward Lunges x 30 • Wall Sit x 45 seconds • Jumping Jacks x 50 • Crunches x 30 • Plank x 45 seconds 	<ul style="list-style-type: none"> • Sumo Squats x 25 • Tricep Dips x 30 • Side Lunges x 30 • Bridge x 45 seconds • High Knees x 50 • Bicycles x 30 • Side Plank x 30 seconds each 	<ul style="list-style-type: none"> • Leg Lifts x 25 • Commandos x 25 • Hip Lifts x 20 each • Donkey Kicks x 20 each • Cross Country Skiers x 50 • Scissors x 30 • Russian Twists x 50 • Standing Toe Touches x 40 	<ul style="list-style-type: none"> • Single Leg Squats x 20 each • Superman x 25 • Speed Skaters x 30 • V Sits x 20 • Straight Leg Sit Ups x 20 • Fire Hydrants x 20 each • Plank with Taps x 25 	<ul style="list-style-type: none"> • Jump Lunges x 40 • Push Up Jacks x 25 • Raised Leg Sit Ups x 20 • Calf Raises x 40 • Butt Kicks x 50 • Windshield Wipers x 30 • Side Leg Lifts x 20 each