

30-DAY TOTAL BODY CHALLENGE

30 seconds each 1 push ups high to low plank mountain climbers pilates 100 plank	30 seconds each 2 squats lunges hip raises burpees bicycle	30 seconds each 3 high to low plank crunches pilates 100 bicycle plank	30 seconds each 4 squats mountain climbers push ups crunches burpees	REST 5
45 seconds each 6 push ups high to low plank mountain climbers pilates 100 plank	45 seconds each 7 squats lunges hip raises burpees bicycle	45 seconds each 8 high to low plank crunches pilates 100 bicycle plank	45 seconds each 9 squats mountain climbers push ups crunches burpees	REST 10
1 minute each 11 push ups high to low plank mountain climbers pilates 100 plank	1 minute each 12 squats lunges hip raises burpees bicycle	1 minute each 13 high to low plank crunches pilates 100 bicycle plank	1 minute each 14 squats mountain climbers push ups crunches burpees	REST 15
75 seconds each 16 push ups high to low plank mountain climbers pilates 100 plank	75 seconds each 17 squats lunges hip raises burpees bicycle	75 seconds each 18 high to low plank crunches pilates 100 bicycle plank	75 seconds each 19 squats mountain climbers push ups crunches burpees	REST 20
90 seconds each 21 push ups high to low plank mountain climbers pilates 100 plank	90 seconds each 22 squats lunges hip raises burpees bicycle	90 seconds each 23 high to low plank crunches pilates 100 bicycle plank	90 seconds each 24 squats mountain climbers push ups crunches burpees	REST 25
2 minutes each 26 push ups high to low plank mountain climbers pilates 100 plank	2 minutes each 27 squats lunges hip raises burpees bicycle	2 minutes each 28 high to low plank crunches pilates 100 bicycle plank	2 minutes each 29 squats mountain climbers push ups crunches burpees	FINISHED 30

