

30 DAY CHALLENGE									
BUTT, GUT, LEG and PUSH-UP CHALLENGE									
Beginner 1 round / Intermediate 2 rounds / Advanced 3 rounds									
For Lunges, Fire Hydrants and Leg/Butt Lifts do each leg the required number									
DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
20 Squats		20 Squats		20 Squats		REST DAY		25 Squats	
20 Crunches		20 Crunches		20 Crunches				25 Crunches	
10 Lunges		10 Fire Hydrants		10 Leg/Butt Lifts				12 Lunges	
10 Push-Ups		10 Push-Ups		10 Push-Ups				12 Push-Ups	
DAY 6		DAY 7		DAY 8		DAY 9		DAY 10	
25 Squats		25 Squats		REST DAY		30 Squats		30 Squats	
25 Crunches		25 Crunches				30 Crunches		30 Crunches	
12 Fire Hydrants		12 Leg/Butt Lifts				14 Lunges		14 Fire Hydrants	
12 Push-Ups		12 Push-Ups				14 Push-Ups		14 Push-Ups	
DAY 11		DAY 12		DAY 13		DAY 14		DAY 15	
30 Squats		REST DAY		35 Squats		35 Squats		35 Squats	
30 Crunches				35 Crunches		35 Crunches		35 Crunches	
14 Leg/Butt Lifts				16 Lunges		16 Fire Hydrants		16 Leg/Butt Lifts	
14 Push-Ups				16 Push-Ups		16 Push-Ups		16 Push-Ups	
DAY 16		DAY 17		DAY 18		DAY 19		DAY 20	
REST DAY		40 Squats		40 Squats		40 Squats		REST DAY	
		40 Crunches		40 Crunches		40 Crunches			
		18 Lunges		18 Fire Hydrants		18 Leg/Butt Lifts			
		18 Push-Ups		18 Push-Ups		18 Push-Ups			
DAY 21		DAY 22		DAY 23		DAY 24		DAY 25	
45 Squats		45 Squats		45 Squats		REST DAY		50 Squats	
45 Crunches		45 Crunches		45 Crunches				50 Crunches	
20 Lunges		20 Fire Hydrants		20 Leg/Butt Lifts				25 Lunges	
20 Push-Ups		20 Push-Ups		20 Push-Ups				25 Push-Ups	
DAY 26		DAY 27		DAY 28		DAY 29		DAY 30	
50 Squats		50 Squats		55 Squats		55 Squats		55 Squats	
50 Crunches		50 Crunches		55 Crunches		55 Crunches		55 Crunches	
25 Fire Hydrants		25 Leg/Butt Lifts		30 Lunges		30 Fire Hydrants		30 Leg/Butt Lifts	
25 Push-Ups		25 Push-Ups		30 Push-Ups		30 Push-Ups		30 Push-Ups	