

30 DAY CHALLENGE

Cardio and Tone Challenge

***Challenge yourself by adding rounds and distance each day if you can

Do as many reps as you can in the time allotted. Be sure you're keeping good form.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1 min Jumping Jacks	20 min	1min Jumping Jacks	REST DAY	20 min
1 min Squats	Walk, Run or	1 min Squats		Walk, Run or
1 min Crunches	Bike Ride	1 min Crunches		Bike Ride
1 min Push-Ups		1 min Push-Ups		
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
1:15 min Jump Jacks	25 min	REST DAY	1:15 min Jump Jacks	25 min
1:15 min Squats	Walk, Run or		1:15 min Squats	Walk, Run or
1:15 min Crunches	Bike Ride		1:15 min Crunches	Bike Ride
1:15 min PUSH-UPS			1:15 min Push-Ups	
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
1:30 min Jump Jacks	REST DAY	30 min	1:30 min Jump Jacks	30 min
1:30 min Squats		Walk, Run or	1:30 min Squats	Walk, Run or
1:30 min Crunches		Bike Ride	1:30 min Crunches	Bike Ride
1:30 min Push-Ups			1:30 min Push-Ups	
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
REST DAY	1:45 min Jump Jacks	35 min	1:45 min Jump Jacks	REST DAY
	1:45 min Squats	Walk, Run or	1:45 min Squats	
	1:45 min Crunches	Bike Ride	1:45 min Crunches	
	1:45 min Push-Ups		1:45 min Push-Ups	
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
35 min	2 min Jump Jacks	40 min	REST DAY	2 min Jump Jacks
Walk, Run or	2 min Squats	Walk, Run or		2 min Squats
Bike Ride	2 min Crunches	Bike Ride		2 min Crunches
	2 min Push-Ups			2 min Push-Ups
	40 min total			40 min total
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
40 min	2:15 min Jump Jacks	REST DAY	45 min	2:30 min Jump Jacks
Walk, Run or	2:15 min Squats		Walk, Run or	2:30 min Squats
Bike Ride	2:15 min Crunches		Bike Ride	2:30 min Crunches
	2:15 min Push-Ups			2:30 min Push-Ups