

30 DAY FITNESS CHALLENGE

with @JenAnnHall

www.imdancingintherain.com

#30dayfit

Day 1	Day 2	Day 3	Day 4	Day 5
Push-ups: 5 Squats: 25 Crunches: 10 Lunges: 20	Push-ups: 5 Squats: 30 Crunches: 15 Lunges: 21	Push-ups: 7 Squats: 35 Crunches: 15 Lunges: 22	Push-ups: 7 Squats: REST Crunches: 25 Lunges: 23	Push-ups: 8 Squats: 40 Crunches: 30 Lunges: REST

Day 6	Day 7	Day 8	Day 9	Day 10
Push-ups: 9 Squats: 45 Crunches: 35 Lunges: 25	Push-ups: REST Squats: 50 Crunches: REST Lunges: 26	Push-ups: 8 Squats: REST Crunches: 45 Lunges: 27	Push-ups: 9 Squats: 55 Crunches: 45 Lunges: 28	Push-ups: 10 Squats: 60 Crunches: 50 Lunges: 29

Day 11	Day 12	Day 13	Day 14	Day 15
Push-ups: 10 Squats: 65 Crunches: 55 Lunges: REST	Push-ups: 12 Squats: REST Crunches: 55 Lunges: 31	Push-ups: 12 Squats: 70 Crunches: REST Lunges: 32	Push-ups: REST Squats: 75 Crunches: 60 Lunges: 33	Push-ups: 13 Squats: 80 Crunches: 65 Lunges: 34

Day 16	Day 17	Day 18	Day 19	Day 20
Push-ups: 15 Squats: REST Crunches: 65 Lunges: 35	Push-ups: 16 Squats: 85 Crunches: 70 Lunges: 36	Push-ups: 16 Squats: 90 Crunches: 70 Lunges: REST	Push-ups: 19 Squats: 95 Crunches: 75 Lunges: 38	Push-ups: 21 Squats: REST Crunches: 75 Lunges: 39

Day 21	Day 22	Day 23	Day 24	Day 25
Push-ups: REST Squats: 100 Crunches: 75 Lunges: 40	Push-ups: 23 Squats: 105 Crunches: REST Lunges: 41	Push-ups: 26 Squats: 110 Crunches: 80 Lunges: 42	Push-ups: 28 Squats: REST Crunches: 80 Lunges: 43	Push-ups: 30 Squats: 115 Crunches: 85 Lunges: REST

Day 26	Day 27	Day 28	Day 29	Day 30
Push-ups: 32 Squats: 120 Crunches: 85 Lunges: 45	Push-ups: 34 Squats: 125 Crunches: 90 Lunges: 46	Push-ups: 36 Squats: REST Crunches: REST Lunges: 47	Push-ups: 38 Squats: 130 Crunches: 95 Lunges: 49	Push-ups: 40 Squats: 135 Crunches: 100 Lunges: 50