30 Day Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 20 Squats 5 Push-ups 5 Dips 10 Bicep Curls 10 Crunches 10 Sec Plank 10 Scissors 5 Fire Hydrants	2 25 Squats 8 Push-ups 8 Dips 12 Bicep Curls 12 Crunches 12 Sec Plank 12 Scissors 8 Fire Hydrants	3 30 Squats 10 Push-ups 10 Dips 15 Bicep Curls 15 Crunches 15 Sec Plank 15 Scissors 10 Fire Hydrants	4 REST DAY	5 35 Squats 12 Push-ups 12 Dips 18 Bicep Curls 18 Crunches 18 Sec Plank 18 Scissors 12 Fire Hydrants	6 40 Squats 15 Push-ups 15 Dips 20 Bicep Curls 20 Crunches 20 Sec Plank 20 Scissors 15 Fire Hydrants	7 45 Squats 18 Push-ups 18 Dips 23 Bicep Curls 23 Crunches 23 Sec Plank 23 Scissors 18 Fire Hydrants
8 REST DAY	9 50 Squats 20 Push-ups 20 Dips 25 Bicep Curls 25 Crunches 25 Sec Plank 25 Scissors 20 Fire Hydrants	10 55 Squats 22 Push-ups 22 Dips 28 Bicep Curls 28 Crunches 28 Sec Plank 28 Scissors 22 Fire Hydrants	11 60 Squats 25 Push-ups 25 Dips 30 Bicep Curls 30 Crunches 30 Sec Plank 30 Scissors 25 Fire Hydrants	12 REST DAY	13 65 Squats 28 Push-ups 28 Dips 32 Bicep Curls 32 Crunches 32 Sec Plank 32 Scissors 28 Fire Hydrants	14 70 Squats 30 Push-ups 30 Dips 35 Bicep Curls 35 Crunches 35 Sec Plank 35 Scissors 30 Fire Hydrants
15 75 Squats 33 Push-ups 33 Dips 38 Bicep Curls 38 Crunches 38 Sec Plank 38 Scissors 33 Fire Hydrants	16 REST DAY	17 80 Squats 35 Push-ups 35 Dips 40 Bicep Curls 40 Crunches 40 Sec Plank 40 Scissors 35 Fire Hydrants	18 85 Squats 38 Push-ups 38 Dips 42 Bicep Curls 42 Crunches 42 Sec Plank 42 Scissors 38 Fire Hydrants	19 90 Squats 40 Push-ups 40 Dips 45 Bicep Curls 45 Crunches 45 Sec Plank 45 Scissors 40 Fire Hydrants	20 REST DAY	21 95 Squats 42 Push-ups 42 Dips 48 Bicep Curls 48 Crunches 48 Sec Plank 48 Scissors 42 Fire Hydrants
22 100 Squats 45 Push-ups 45 Dips 50 Bicep Curls 50 Crunches 50 Sec Plank 50 Scissors 45 Fire Hydrants	23 105 Squats 48 Push-ups 48 Dips 52 Bicep Curls 52 Crunches 52 Sec Plank 52 Scissors 48 Fire Hydrants	24 REST DAY	25 110 Squats 50 Push-ups 50 Dips 55 Bicep Curls 55 Crunches 55 Sec Plank 55 Scissors 50 Fire Hydrants	26 115 Squats 52 Push-ups 52 Dips 58 Bicep Curls 58 Crunches 58 Sec Plank 58 Scissors 52 Fire Hydrants	27 120 Squats 55 Push-ups 55 Dips 60 Bicep Curls 60 Crunches 60 Sec Plank 60 Scissors 55 Fire Hydrants	28 REST DAY
29 125 Squats 58 Push-ups 58 Dips 62 Bicep Curls 62 Crunches 62 Sec Plank 62 Scissors 58 Fire Hydrants	30 130 Squats 60 Push-ups 60 Dips 65 Bicep Curls 65 Crunches 65 Sec Plank 65 Scissors 60 Fire Hydrants					Mom Mart

Modify the exercises as needed to suit your individual level.
Each workout should start with 20 minutes of cardio to get warmed up.
The number of Fire Hydrants indicates the number per side.

Full Body Workout