

# 30 Day Challenge

## Total Body Tone Up

### Schedule:

Within each 7 day period, complete each workout once and one day of cardio of your choice (running, biking, swimming, etc.). For a goal of exercise at least 5 days per week.

### Workout 1:

1. 15 Squats or Jump Squats
2. 15 Push-Ups
3. 15 Lunges (each leg)
4. 15 Bench Dips
5. 30-60 sec. Plank
6. 60 seconds of Mountain Climbers

**Repeat 2 more times**

### Workout 2:

1. 15 Good Mornings
2. 15 Plank Punches (each arm)
3. 15 Hip Raises
4. 15 Supermans
5. 30-60 sec. Side Planks (each side)
6. 60 seconds of Butt Kicks

**Repeat 2 more times**

### Workout 3:

1. 15 Side Lunges (each leg)
2. 15 Close-Hand Push-Ups
3. 30-60 sec. Wall Sit
4. 15 Inverted Shoulder Presses
5. 15 Crunches or V-Up
6. 60 seconds of High Knees

**Repeat 2 more times**

### Workout 4:

1. 15 Lateral Walks (each side)
2. Floor I-Y-T Raises 5x through
3. 15 Hip Raises
4. 15 Russian Twist (each side)
5. 15 Bird Dog (each side)
6. 60 seconds of Jumping Jacks

**Repeat 2 more times**

**Cross off days as you complete workouts:**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30