

30 DAY FULL BODY CHALLENGE

NO EQUIPMENT REQUIRED

joyful healthy
EATS

DAY 1 10 squats 10 push-ups 10 sit-ups	DAY 2 10 jumping squats 10 tricep dips 20 sec plank	DAY 3 10 mountain climbers 10 push-ups 10 russian twist	DAY 4 Active Recovery ————— easy walk/jog	DAY 5 10 curtsy lunges 10 tricep dips 10 hip bridges 10 reverse sit-ups
DAY 6 20 squats 20 push-ups 20 sit-ups	DAY 7 Active Recovery ————— easy walk/jog	DAY 8 20 jumping squats 20 tricep dips 30 sec plank	DAY 9 20 mountain climbers 20 push-ups 20 russian twist	DAY 10 20 curtsy lunges 20 tricep dips 20 hip bridges 20 reverse sit-ups
DAY 11 Active Recovery ————— easy walk/jog	DAY 12 30 squats 30 push-ups 30 sit-ups	DAY 13 30 jumping squats 30 tricep dips 45 sec plank	DAY 14 Active Recovery ————— easy walk/jog	DAY 15 30 mountain climbers 30 push-ups 30 russian twist
DAY 16 30 curtsy lunges 30 tricep dips 30 hip bridges 30 reverse sit-ups	DAY 17 40 squats 40 push-ups 40 sit-ups	DAY 18 Active Recovery ————— easy walk/jog	DAY 19 40 jumping squats 40 tricep dips 1 min plank	DAY 20 40 mountain climbers 40 push-ups 40 russian twist
DAY 21 Active Recovery ————— easy walk/jog	DAY 22 40 curtsy lunges 40 tricep dips 40 hip bridges 40 reverse sit-ups	DAY 23 50 squats 50 push-ups 50 sit-ups	DAY 24 50 jumping squats 50 tricep dips 1 min 15 sec plank	DAY 25 Active Recovery ————— easy walk/jog
DAY 26 50 mountain climbers 50 push-ups 50 russian twist	DAY 27 50 curtsy lunges 50 tricep dips 50 hip bridges 50 reverse sit-ups	DAY 28 Active Recovery ————— easy walk/jog	DAY 29 75 squats 75 push-ups 75 sit-ups 75 tricep dips 2 min plank	DAY 30 75 curtsy lunges 75 russian twists 75 hip bridges 75 reverse sit-ups