

30 Day Full Body Workout Challenge

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
30 Squats/15 pushups 15 situps/ 15 leg lifts 20 crunches 12 Russian twists 20 Jumping Jacks 10 burpees 10 Mountain Climbers	35 Squats/17 pushups 16 situps/ 16 leg lifts 20 crunches 13 Russian twists 20 Jumping Jacks 10 burpees 10 Mountain Climbers	40 Squats/18 pushups 17 situps/ 17 leg lifts 22 crunches 14 Russian twists 20 Jumping Jacks 10 burpees 10 Mountain Climbers	Rest Day	45 Squats/19 pushups 18 situps/18 leg lifts 24 crunches 15 Russian twists 20 Jumping Jacks 10 burpees 10 Mountain Climbers	50 Squats/20 pushups 19 situps/ 19 leg lifts 26 crunches 16 Russian twists 20 Jumping Jacks 10 burpees 10 Mountain Climbers
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
55 Squats/21 pushups 20 situps/ 20 leg lifts 28 crunches 17 Russian twists 30 Jumping Jacks 20 burpees 20 Mountain Climbers	Rest Day	60 Squats/ 22 pushups 21 situps/ 21 leg lifts 30 crunches 18 Russian twists 30 Jumping Jacks 20 burpees 20 Mountain Climbers	65 Squats/ 23 pushups 22 situps/ 22 leg lifts 32 crunches 19 Russian twists 30 Jumping Jacks 20 burpees 20 Mountain Climbers	70 Squats/24 pushups 23 situps/ 23 leg lifts 34 crunches 20 Russian twists 30 Jumping Jacks 20 burpees 20 Mountain Climbers	Rest Day
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
75 Squats/25 pushups 24 situps/ 24 leg lifts 36 crunches 21 Russian twists 40 Jumping Jacks 30 burpees 30 Mountain Climbers	80 Squats/ 26 pushups 25 situps/254 leg lifts 38 crunches 22 Russian twists 40 Jumping Jacks 30 burpees 30 Mountain Climbers	85 Squats/ 27 pushups 26 situps/ 26 leg lifts 40 crunches 23 Russian twists 40 Jumping Jacks 30 burpees 30 Mountain Climbers	Rest Day	90 Squats/ 28 pushups 27 situps/ 27 leg lifts 42 crunches 24 Russian twists 40 Jumping Jacks 30 burpees 30 Mountain Climbers	95 Squats/ 29 pushups 28 situps/ 28 leg lifts 44 crunches 25 Russian twists 40 Jumping Jacks 30 burpees 30 Mountain Climbers
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
100 Squats/ 30 pushups 29 situps/ 29 leg lifts 46 crunches 26 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers	Rest Day	105 Squats/ 31 pushups 30 situps/ 30 leg lifts 48 crunches 27 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers	110 Squats/32 pushups 31 situps/ 31 leg lifts 50 crunches 28 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers	115 Squats/ 33 pushups 32 situps/ 32 leg lifts 52 crunches 29 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers	120 Squats/ 34 pushups 33 situps/ 33 leg lifts 54 crunches 30 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers

Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
125 Squats/ 35 pushups 34 situps/ 34 leg lifts 56 crunches 31 Russian twists 50 Jumping Jacks 40 burpees 40 Mountain Climbers	130 Squats/ 36 pushups 35 situps/ 35 leg lifts 58 crunches 32 Russian twists 60 Jumping Jacks 50 burpees 50 Mountain Climbers	135 Squats/ 37 pushups 36 situps/ 36 leg lifts 60 crunches 33 Russian twists 60 Jumping Jacks 50 burpees 50 Mountain Climbers	Rest Day	140 Squats/ 38 pushups 37 situps/ 37 leg lifts 62 crunches 34 Russian twists 60 Jumping Jacks 50 burpees 50 Mountain Climbers	145 Squats/ 39 pushups 38 situps/ 38 leg lifts 64 crunches 35 Russian twists 60 Jumping Jacks 50 burpees 50 Mountain Climbers