

# 30 Day Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Day 1</b> Mountain Climbers Squats Push Ups	<b>Day 2</b> Burpees Tricep Dip Crunches
<b>Day 3</b> Inchworms Lunge Plank (30 sec)	<b>Day 4</b> Squat Thrusts Russian Twists Skater Hop	<b>Day 5</b> Plank Shoulder Taps Jump Squats Push Ups	<b>Day 6</b> Jump Lunges Side Plank (30 sec each side) Inchworms	<b>Day 7</b> Burpees Tricep Dip Push Ups	<b>Day 8</b> Mountain Climbers Cross Body Russian Twists Plank Taps	<b>Day 9</b> Squats Inchworm to Press Up Plank Up & Downs
<b>Day 10</b> Jump Lunge Crunches Leg Lowerers	<b>Day 11</b> High Knee (Ladder Climb) Squat Thrusts Press Ups	<b>Day 12</b> Plank updowns Inchworm to press up Side plank (30sec)	<b>Day 13</b> Borrower squats Wide press ups Deadbugs	<b>Day 14</b> 180 degree jumps Side lunges Russian twists	<b>Day 15</b> Broad jump and run back Leg lowers Supermans	<b>Day 16</b> Cross body squat thrusts Burpees Press ups
<b>Day 17</b> Squats One leg tricep dips Round the world plank	<b>Day 18</b> Jump lunges Sprint on the spot Reverse (30 secs)	<b>Day 19</b> Inchworms to press ups Mountain climbers Straight leg sit ups	<b>Day 20</b> Floor to sky jumps Press ups Russian twists	<b>Day 21</b> Plank shoulder taps Skater hops Tricep dips	<b>Day 22</b> Burpee with 180 jump Single leg lower One arm wall press ups	<b>Day 23</b> High knees ladder climbs Cycle lung jump Standing side crunches
<b>Day 24</b> Squats with 2 sec hold Wide press ups Star jumps	<b>Day 25</b> Jump lunges Inchworms Straight leg sit up	<b>Day 26</b> Skater hops King plank (two steps each side) One leg tricep dips	<b>Day 27</b> 3 broad jumps and run back One arm wall press ups Plank up downs	<b>Day 28</b> Mountain climber cross body Plank hold (1min) Inchworms	<b>Day 29</b> Straight leg russian twist Cycle lunge jumps Side plank (40 sec)	<b>Day 30</b> High knees (ladder climb) Inchworm press up Cross body squat thrusts



Film your challenge day and tag us in on Facebook @SAFCFoL with the #FOLFightsBack

**During Day 1 to Day 15 the following three different levels apply, depending on ability and fitness levels:**

- Beginner = 1 x 10 reps of each exercise
- Intermediate = 2 x 25 reps of each exercise
- Progression = 3 x 50 reps of each exercise

**During Day 16 to Day 30 the following three different levels apply (or you can continue with Day 1 to Day 15s), depending on ability and fitness levels:**

- Beginner = 1 x 15 reps of each exercise
- Intermediate = 2 x 30 reps of each exercise
- Progression = 3 x 60 reps of each exercise