

30 DAY

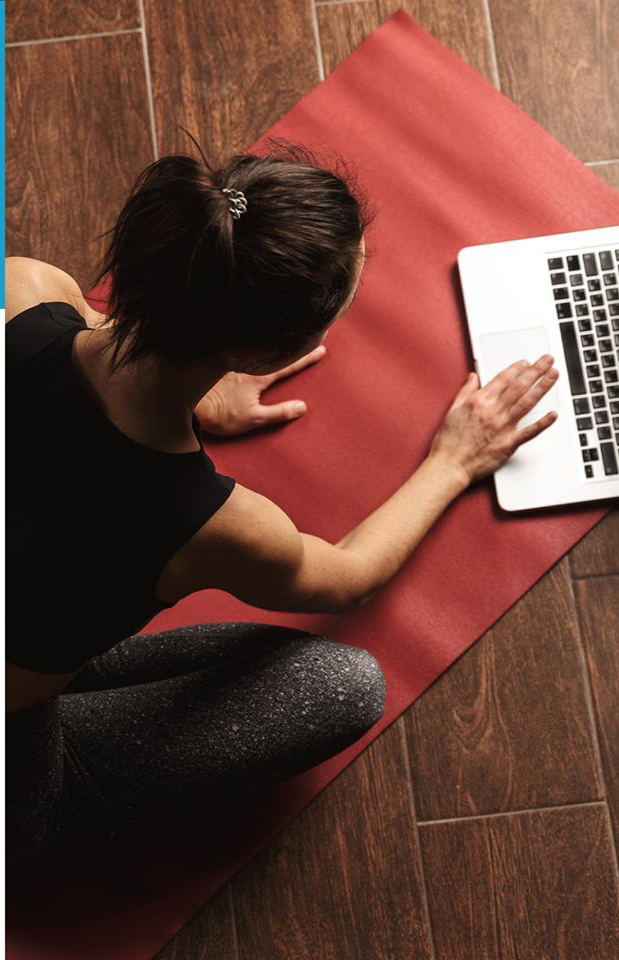
FITNESS CHALLENGE



30 DAY
FITNESS CHALLENGE

WEEK 1 SCHEDULE

- Day 1 Upper Body
- Day 2 Lower Body
- Day 3 Core
- Day 4 Cardio
- Day 5 Upper & Lower Body
- Day 6 Cardio & Core
- Day 7 Rest



Upper Body

Tricep Dips

Push Ups

Back Extensions

Back Hyperextensions

Pulse Rows

Superman



Lower Body

Squats

Lunges

Calf raises

Plie Squat



Core

Side Plank

Crunches

Bicycles

Russian Twist

