

30 DAY CHALLENGE

20 MINS A DAY, EVERYDAY
CLICK FOR DAILY WORKOUTS

| | | | | |
|-------------------------|-------------------------|-------------------------|------------------------|-----------------------------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| <u>ARMS & ABS</u> | <u>LEGS & BOOTY</u> | * <u>LOW IMPACT</u> | <u>HIIT</u> | <u>FULL BODY</u> |
| DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |
| <u>CARDIO</u> | * <u>LOW IMPACT</u> | <u>CHEST & BACK</u> | <u>ABS & BOOTY</u> | * <u>LOW IMPACT</u> |
| DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| <u>HIIT</u> | <u>FULL BODY</u> | <u>CARDIO</u> | * <u>LOW IMPACT</u> | <u>ARMS & SHOULDERS</u> |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| <u>LEGS & BOOTY</u> | * <u>LOW IMPACT</u> | <u>HIIT</u> | <u>FULL BODY</u> | <u>CARDIO</u> |
| DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| * <u>LOW IMPACT</u> | <u>CHEST & BACK</u> | <u>ABS & BOOTY</u> | * <u>LOW IMPACT</u> | <u>HIIT</u> |
| DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |
| <u>FULL BODY</u> | <u>CARDIO</u> | * <u>LOW IMPACT</u> | <u>ARMS & ABS</u> | <u>LEGS & BOOTY</u> |

*LOW IMPACT can include walking, swimming, yoga, barre, or pilates.