

30 DAY CHALLENGE

20 MINS A DAY, EVERYDAY
CLICK FOR DAILY WORKOUTS

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

*LOW IMPACT can include walking, swimming, yoga, barre, or pilates.
(ADD A 1 MIN PLANK IN THE END OF EVERY WORKOUT)