

# 30 DAY FITNESS CHALLENGE

## Junior Edition

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
20 jumping jacks 20 mountain climbers 5 push ups 5 sit ups 45 sec. plank	25 jumping jacks 20 mountain climbers 5 push ups 8 sit ups 45 sec. plank	25 jumping jacks 20 mountain climbers 5 push ups 10 sit ups 45 sec. plank	<b>REST</b>	30 jumping jacks 30 mountain climbers 8 push ups 10 sit ups 1 min. plank	35 jumping jacks 30 mountain climbers 8 push ups 13 sit ups 1 min. plank	35 jumping jacks 30 mountain climbers 8 push ups 15 sit ups 1 min. plank
<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>
<b>REST</b>	40 jumping jacks 40 mountain climbers 10 push ups 15 sit ups 1:15 min. plank	45 jumping jacks 40 mountain climbers 10 push ups 20 sit ups 1:15 min. plank	45 jumping jacks 40 mountain climbers 10 push ups 25 sit ups 1:15 min. plank	<b>REST</b>	50 jumping jacks 50 mountain climbers 13 push ups 25 sit ups 1:30 min. plank	55 jumping jacks 50 mountain climbers 13 push ups 28 sit ups 1:30 min. plank
<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
55 jumping jacks 50 mountain climbers 13 push ups 30 sit ups 1:30 min. plank	<b>REST</b>	60 jumping jacks 60 mountain climbers 15 push ups 30 sit ups 1:45 min. plank	65 jumping jacks 60 mountain climbers 15 push ups 35 sit ups 1:45 min. plank	70 jumping jacks 60 mountain climbers 15 push ups 40 sit ups 1:45 min. plank	<b>REST</b>	70 jumping jacks 70 mountain climbers 20 push ups 40 sit ups 2 min. plank
<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>
75 jumping jacks 70 mountain climbers 20 push ups 45 sit ups 2 min. plank	80 jumping jacks 70 mountain climbers 20 push ups 50 sit ups 2 min. plank	<b>REST</b>	80 jumping jacks 80 mountain climbers 25 push ups 50 sit ups 2:15 min. plank	85 jumping jacks 80 mountain climbers 25 push ups 55 sit ups 2:15 min. plank	90 jumping jacks 80 mountain climbers 25 push ups 60 sit ups 2:15 min. plank	<b>REST</b>
<b>DAY 29</b>	<b>DAY 30</b>					
95 jumping jacks 90 mountain climbers 30 push ups 70 sit ups 2:30 min. plank	100 jumping jacks 100 jumping lunges 30 push ups 75 sit ups 2:30 min plank					

