



## 30-Day Get Active Challenge

Day 1	Walking	30 min	
Day 2	Abdominal Crunches	3x15	
Day 3	Squats Jumping Jacks	3x20 3x20	
Day 4	Push Ups	3x15	
Day 5	Walking	45 min	
Day 6	Squats	3x30	
Day 7	Mountain Climbers Push Ups	3x20 3x10	
Day 8	Jumping Jacks	3x25	
Day 9	Walking	45 min	
Day 10	Push Ups	3x12	
Day 11	Squats	3x40	
Day 12	Burpees Abdominal Crunches Mountain Climbers	3x5 3x17 3x30	
Day 13	Walking	45 min	
Day 14	Jumping Jacks Mountain Climbers	3x30 3x40	
Day 15 Half - Way!!	Burpees Abdominal Crunches	3x7 3x20	
Day 16	Squats	3x50	
Day 17	Mountain Climbers	3x50	

Day 18	Burpees Abdominal Crunches	3x10 3x22	
Day 19	Squats	3x60	
Day 20	Jumping Jacks Abdominal Crunches	3x35 3x25	
Day 21	Walking	1 hour	
Day 22	Burpees Abdominal Crunches	3x12 3x27	
Day 23	Walking	1 hour	
Day 24	Jumping Jacks	3x40	
Day 25	Walking	1hour	
Day 26	Push Ups Mountain Climbers	3x15 3x60	
Day 27	Burpees Abdominal Crunches	3x15 3x30	
Day 28	Squats	3x70	
Day 29	Jumping Jacks	3x50	
Day 30	Push Ups Squats Burpees Mountain Climbers Abdominal Crunches Jumping Jacks	3x20 3x80 3x20 3x70 3x33 3x45	