

30 Day Workout Challenge

BY YOURMODERNFAMILY.COM

- 1 20 push ups
- 2 40 lunges
- 3 100 jumping jacks
- 4 30 minute run
- 5 25 cherry pickers
- 6 60 second wall sit
- 7 BREAK!
- 8 100 mountain climbers
- 9 40 squats
- 10 25 V-ups
- 11 30 second superman
- 12 25 crunches
- 13 40 leg raises
- 14 30 donkey kicks
- 15 BREAK!
- 16 30 leg lifts
- 17 2 30 second planks
- 18 30 jump squats
- 19 15 burpees
- 20 35 crunches
- 21 30 push ups
- 22 BREAK!
- 23 100 seal jacks
- 24 30 minute run
- 25 35 donkey kicks
- 26 35 V-ups
- 27 50 Russian twists
- 28 50 calf raises
- 29 125 mountain climbers
- 30 Your Favorite!