

# 30 Day Fall into Fitness Challenge



## Monday (Stretch - warm up 4 min)

30 sec jog/march in place  
30 Jumping Jacks  
30 Side Elbow to Knee (each side)  
30 Sumo Squat  
30 crunches forward  
30 bicycle  
30 crunches elbow toward knee each side  
30 side crunches hand to ankle each side  
30 pushups  
30 plank position knee to the elbow  
30 bent knee lifts on all fours  
30 straight leg lifts on all fours

## Wednesday (Stretch - warm up 4 min)

40 sec jog/march in place  
40 Jumping Jacks  
40 Side Elbow to Knee (each side)  
40 Sumo Squat  
40 crunches forward  
40 bicycle  
40 crunches elbow toward knee each side  
40 side crunches hand to ankle each side  
40 pushups  
40 plank position knee to the elbow  
40 bent knee lifts on all fours  
40 straight leg lifts on all fours

## Friday (Stretch - warm up 4 min)

50 sec jog/march in place  
50 Jumping Jacks  
50 Side Elbow to Knee (each side)  
50 Sumo Squat  
50 crunches forward  
50 bicycle  
50 crunches elbow toward knee each side  
50 side crunches hand to ankle each side  
50 pushups  
50 plank position knee to the elbow  
50 bent knee lifts on all fours  
50 straight leg lifts on all fours

## Sunday (Stretch - warm up 4 min)

60 sec jog/march in place  
60 Jumping Jacks  
60 Side Elbow to Knee (each side)  
60 Sumo Squat  
60 crunches forward  
60 bicycle  
60 crunches elbow toward knee each side  
60 side crunches hand to ankle each side  
60 pushups  
60 plank position knee to the elbow  
60 bent knee lifts on all fours  
60 straight leg lifts on all fours

## Tuesday (Stretch - warm up 4 min)

35 sec jog/march in place  
35 Jumping Jacks  
35 Side Elbow to Knee (each side)  
35 Sumo Squat  
35 crunches forward  
35 bicycle  
35 crunches elbow toward knee each side  
35 side crunches hand to ankle each side  
35 pushups  
35 plank position knee to the elbow  
35 bent knee lifts on all fours  
35 straight leg lifts on all fours

## Thursday (Stretch - warm up 4 min)

45 sec jog/march in place  
45 Jumping Jacks  
45 Side Elbow to Knee (each side)  
45 Sumo Squat  
45 crunches forward  
45 bicycle  
45 crunches elbow toward knee each side  
45 side crunches hand to ankle each side  
45 pushups  
45 plank position knee to the elbow  
45 bent knee lifts on all fours  
45 straight leg lifts on all fours

## Saturday (Stretch - warm up 4 min)

55 sec jog/march in place  
55 Jumping Jacks  
55 Side Elbow to Knee (each side)  
55 Sumo Squat  
55 crunches forward  
55 bicycle  
55 crunches elbow toward knee each side  
55 side crunches hand to ankle each side  
55 pushups  
55 plank position knee to the elbow  
55 bent knee lifts on all fours  
55 straight leg lifts on all fours