



# This 30 day challenge will get your whole body geared up for summer!

Make sure you take the rest days where indicated and as the reps increase, break them down into manageable sets

		DAY 1 Pushups: 5 Squats: 50 Situps: 10 Lunges: 20	DAY 2 Pushups: 5 Squats: 55 Situps: 15 Lunges: 21	DAY 3 Pushups: 7 Squats: 60 Situps: 15 Lunges: 22	DAY 4 Pushups: 7 Squats: REST Situps: 25 Lunges: 23	DAY 5 Pushups: 8 Squats: 70 Situps: 30 Lunges: REST
DAY 6 Pushups: 9 Squats: 75 Situps: 35 Lunges: 25	DAY 7 Pushups: REST Squats: 80 Situps: REST Lunges: 26	DAY 8 Pushups: 9 Squats: REST Situps: 45 Lunges: 27	DAY 9 Pushups: 9 Squats: 100 Situps: 45 Lunges: 28	DAY 10 Pushups: 10 Squats: 105 Situps: 50 Lunges: 29	DAY 11 Pushups: 10 Squats: 110 Situps: 55 Lunges: 31	DAY 12 Pushups: 12 Squats: REST Situps: 55 Lunges: 31
DAY 13 Pushups: 12 Squats: 130 Situps: REST Lunges: 32	DAY 14 Pushups: REST Squats: 135 Situps: 60 Lunges: 33	DAY 15 Pushups: 13 Squats: 140 Situps: 65 Lunges: 34	DAY 16 Pushups: 15 Squats: REST Situps: 65 Lunges: 35	DAY 17 Pushups: 16 Squats: 150 Situps: 70 Lunges: 36	DAY 18 Pushups: 16 Squats: 155 Situps: 70 Lunges: REST	DAY 19 Pushups: 12 Squats: 160 Situps: 75 Lunges: 38
DAY 20 Pushups: 21 Squats: REST Situps: 75 Lunges: 39	DAY 21 Pushups: REST Squats: 180 Situps: 75 Lunges: 40	DAY 22 Pushups: 23 Squats: 185 Situps: REST Lunges: 41	DAY 23 Pushups: 26 Squats: 190 Situps: 80 Lunges: 42	DAY 24 Pushups: 28 Squats: REST Situps: 80 Lunges: 43	DAY 25 Pushups: 30 Squats: 220 Situps: 85 Lunges: REST	DAY 26 Pushups: 32 Squats: 225 Situps: 85 Lunges: 45
DAY 27 Pushups: 34 Squats: 230 Situps: 90 Lunges: 46	DAY 28 Pushups: 36 Squats: REST Situps: REST Lunges: 47	DAY 29 Pushups: 38 Squats: 240 Situps: 95 Lunges: 49	DAY 30 Pushups: 40 Squats: 250 Situps: 100 Lunges: 50	<p><i>Congratulations - you made it!</i></p>		

*Congratulations - you made it!*