

# 30 DAY

# FULL BODY WORKOUT CHALLENGE

DAY	SQUATS	PUSH-UPS	DIPS	BICEP CURLS	CRUNCHES	SEC PLANK	SCISSORS	FIRE HYDRANTS
1	20	5	5	10	10	10	10	5
2	25	8	8	12	12	12	12	8
3	30	10	10	15	15	15	15	10
4	REST	REST	REST	REST	REST	REST	REST	REST
5	35	12	12	18	18	18	18	12
6	40	15	15	20	20	20	20	15
7	45	18	18	23	23	23	23	18
8	REST	REST	REST	REST	REST	REST	REST	REST
9	50	20	20	25	25	25	25	20
10	55	22	22	28	28	28	28	22
11	60	25	25	30	30	30	30	25
12	REST	REST	REST	REST	REST	REST	REST	REST
13	65	28	28	32	32	32	32	28
14	70	30	30	35	35	35	35	30
15	75	33	33	38	38	38	38	33
16	REST	REST	REST	REST	REST	REST	REST	REST
17	80	35	35	40	40	40	40	35
18	85	38	38	42	42	42	42	38
19	90	40	40	45	45	45	45	40
20	REST	REST	REST	REST	REST	REST	REST	REST
21	95	42	42	48	48	48	48	42
22	100	45	45	50	50	50	50	45
23	105	48	48	52	52	52	52	48
24	REST	REST	REST	REST	REST	REST	REST	REST
25	110	50	50	55	55	55	55	50
26	115	52	52	58	58	58	58	52
27	120	55	55	60	60	60	60	55
28	REST	REST	REST	REST	REST	REST	REST	REST
29	125	58	58	62	62	62	62	58
30	130	60	60	65	65	65	65	60

Modify the exercises as needed to suit your individual level.  
Each workout should start with 20 minutes of cardio to get warmed up.  
The number of Fire Hydrants indicates the number per side.

Source: [mommart.blogspot.com](http://mommart.blogspot.com)