

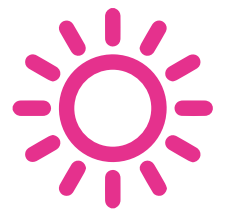
Jog= Jog in Place

Dips= Tricep Dips

Crunch= Cross Body Crunch (each)

Lunge= Reverse Lunge (each)

Butt= Butt Lift Bridge



30-DAY FIT CHALLENGE FEBRUARY 2019

1 Jog: 20 Dips: 5 Crunch: 5 Lunge: 5 Butt: 10	2 Jog: 20 Dips: 5 Crunch: 5 Lunge: 5 Butt: 10	3 Jog: 25 Dips: 6 Crunch: 6 Lunge: 6 Butt: 11	4 Jog: 25 Dips: 6 Crunch: 6 Lunge: 6 Butt: 11	5 REST
6 Jog: 30 Dips: 7 Crunch: 7 Lunge: 7 Butt: 12	7 Jog: 30 Dips: 7 Crunch: 7 Lunge: 7 Butt: 12	8 Jog: 35 Dips: 8 Crunch: 8 Lunge: 8 Butt: 13	9 Jog: 35 Dips: 8 Crunch: 8 Lunge: 8 Butt: 13	10 REST
11 Jog: 40 Dips: 9 Crunch: 9 Lunge: 9 Butt: 14	12 Jog: 40 Dips: 9 Crunch: 9 Lunge: 9 Butt: 14	13 Jog: 45 Dips: 10 Crunch: 10 Lunge: 10 Butt: 15	14 Jog: 45 Dips: 10 Crunch: 10 Lunge: 10 Butt: 15	15 REST
16 Jog: 50 Dips: 11 Crunch: 11 Lunge: 11 Butt: 16	17 Jog: 50 Dips: 11 Crunch: 11 Lunge: 11 Butt: 16	18 Jog: 55 Dips: 12 Crunch: 12 Lunge: 12 Butt: 17	19 Jog: 55 Dips: 12 Crunch: 12 Lunge: 12 Butt: 17	20 REST
21 Jog: 60 Dips: 13 Crunch: 13 Lunge: 13 Butt: 18	22 Jog: 60 Dips: 13 Crunch: 13 Lunge: 13 Butt: 18	23 Jog: 60 Dips: 14 Crunch: 14 Lunge: 14 Butt: 19	24 Jog: 60 Dips: 14 Crunch: 14 Lunge: 14 Butt: 19	25 REST
26 Jog: 60 Dips: 15 Crunch: 15 Lunge: 15 Butt: 20	27 Jog: 60 Dips: 15 Crunch: 15 Lunge: 15 Butt: 20	28 Jog: 60 Dips: 15 Crunch: 15 Lunge: 15 Butt: 20		