

30 DAY FITNESS CHALLENGE – JUNE 2019

ONE SET

Jun 1: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 2: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 3: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 4: REST DAY

Jun 5: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 6: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 7: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 8: REST DAY

Jun 9: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 10: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 11: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 12: REST DAY

TWO SETS

Jun 13: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 14: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 15: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 16: REST DAY

Jun 17: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 18: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 19: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 20: REST DAY

Jun 21: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 22: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 23: 40 Arm Circles (front/back) | 15 Leg Lift Hip Raise | 15 Leg Swings (side) | 15 Leg Swings (front/back)

Jun 24: REST DAY

THREE SETS

Jun 25: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 26: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 27: 30 Arm Circles (front/back) | 10 Leg Lift Hip Raise | 10 Leg Swings (side) | 10 Leg Swings (front/back)

Jun 28: REST DAY

Jun 29: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)

Jun 30: 35 Arm Circles (front/back) | 12 Leg Lift Hip Raise | 12 Leg Swings (side) | 12 Leg Swings (front/back)