

30 DAY GET MOVING CHALLENGE

This challenge is straight forward but it is not meant to be easy!

The idea on this challenge is to get moving 6 days per week - follow the directions below...

- Complete ANY of the workouts on ANY day (you don't need to do them in order)
- Complete them *throughout the day*, which means you can do the full workout all at once OR break it up through the day
- Modify ANY exercises you need
- Do this as your only workout (especially if you're new to exercising) or in addition to your other workouts
- Consider breaking up some of the exercises in the set (for example, instead of doing ALL jumping jacks in a row, split them up to complete between other moves)



All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

WEEK 1 - Day 1-7

Choose any days to complete the following workouts!

45 Jumping Jacks
15 Squats
5 Jump squats
30 Russian Twists
30 Second Plank
10 Standing Calf Raises
5 Push Ups
15 Superman's
10 Lunges (Per Leg)
30 Crunches

100 Jumping Jacks
50 Crunches
20 Tricep Dips
15 Squats
20 Lunges (per leg)
50 Russian Twists
20 Standing Calf Raises
5 Push-Ups
30 Second Plank
10 Jump Lunges (5 per leg)

20 Squats
20 Glute Bridges
20 Lunges (both legs)
30 Sec Wall Sit
10 Tricep Dips
30 Bicycle Crunches
20 Superman's
30 Jumping Jacks
7 Push Ups
10 Leg Lifts

60 Jumping Jacks
20 Tricep Dips
10 Push Ups
40 Crunches
10 Jump Squats
50 Russian Twists
60 Sec Downdog Hold
20 Side Lunges (total)
30 Deadbugs
30 Sec Plank

40 Skaters
30 Squats
20 Mountain Climbers
20 Lunges (total)
30 Crunches
15 Push Ups
30 Butt Kicks
5 Jump Squats
20 Bicycle Crunches
20 Superman's

30 High Knees
30 Side Lunges (total)
30 Glute Bridges
10 Tricep Dips
30 Lunges (total)
15 Leg Lifts
15 Push Ups
60 Sec Downdog Hold
60 Sec Plank
30 Crunches

REST

WEEK 2 - Day 1-7

Choose any days to complete the following workouts!

40 High Knees
20 Sumo Squats
10 Jump squats
30 Mountain Climbers
60 Second Plank
15 Goodmornings
10 Push Ups
20 Standing Calf Raises
10 Tricep Dips
30 Crunches

60 Jumping Jacks
20 Tricep Dips
30 Deadbugs
20 Side Lunges (total)
50 Bicycle Crunches
20 Squat with Pulse
30 Butt Kicks
20 Sec Downdog Hold
5 Jump Squats

50 Butt Kicks
20 Push Ups
15 Squats
20 Standing Calf Raises
25 Supermans
40 Mountain Climbers
10 Jump Lunges (total)
40 sec Plank
20 Glute Bridges

100 Jumping Jacks
50 Crunches
25 Tricep Dips
15 Sumo Squats
10 Jump Squats
50 Mountain Climbers
25 Standing Calf Raises
60 Second Plank
10 Jump Lunges (5 per leg)

40 Butt Kicks
30 Squats pulses
20 Mountain Climbers
20 Side Lunges (total)
30 Crunches
20 Push Ups
40 Butt Kicks
8 Jump Squats
30 Bicycle Crunches

60 Jumping Jacks
30 Lunges (total)
30 Glute Bridges
10 Tricep Dips
15 Leg Lifts
15 Push Ups
60 Sec Downdog Hold
60 Sec Plank
30 Crunches

REST

WEEK 3 - Day 1-7

Choose any days to complete the following workouts!

50 Jumping Jacks
20 Squats
8 Jump squats
40 Russian Twists
30 Second Plank
10 Standing Calf Raises
5 Push Ups
15 Superman's
10 Lunges (Per Leg)
30 Crunches

100 Jumping Jacks
50 Crunches
20 Tricep Dips
15 Squats
20 Lunges (per leg)
50 Russian Twists
20 Standing Calf Raises
5 Push-Ups
30 Second Plank
10 Jump Lunges (5 per leg)

30 Squats
20 Glute Bridges
20 Lunges (both legs)
30 Sec Wall Sit
10 Tricep Dips
30 Bicycle Crunches
20 Superman's
30 Jumping Jacks
7 Push Ups
10 Leg Lifts

70 Jumping Jacks
20 Tricep Dips
10 Push Ups
40 Crunches
10 Jump Squats
50 Russian Twists
60 Sec Downdog Hold
20 Side Lunges (total)
30 Deadbugs
30 Sec Plank

40 Skaters
30 Squats
20 Mountain Climbers
20 Lunges (total)
30 Crunches
15 Push Ups
30 Butt Kicks
5 Jump Squats
20 Bicycle Crunches
20 Superman's

30 High Knees
30 Side Lunges (total)
30 Glute Bridges
10 Tricep Dips
30 Lunges (total)
15 Leg Lifts
15 Push Ups
60 Sec Downdog Hold
60 Sec Plank
30 Crunches

REST

WEEK 4 - Day 1-7

Choose any days to complete the following workouts!

40 High Knees
20 Sumo Squats
10 Jump squats
30 Mountain Climbers
60 Second Plank
15 Goodmornings
10 Push Ups
20 Standing Calf Raises
10 Tricep Dips
30 Crunches

60 Jumping Jacks
20 Tricep Dips
30 Deadbugs
20 Side Lunges (total)
50 Bicycle Crunches
20 Squat with Pulse
30 Butt Kicks
20 Sec Downdog Hold
5 Jump Squats

50 Butt Kicks
20 Push Ups
15 Squats
20 Standing Calf Raises
25 Supermans
40 Mountain Climbers
10 Jump Lunges (total)
40 sec Plank
20 Glute Bridges

100 Jumping Jacks
50 Crunches
25 Tricep Dips
15 Sumo Squats
10 Jump Squats
50 Mountain Climbers
25 Standing Calf Raises
60 Second Plank
10 Jump Lunges (5 per leg)

40 Butt Kicks
30 Squats pulses
20 Mountain Climbers
20 Side Lunges (total)
30 Crunches
20 Push Ups
40 Butt Kicks
8 Jump Squats
30 Bicycle Crunches

60 Jumping Jacks
30 Lunges (total)
30 Glute Bridges
10 Tricep Dips
15 Leg Lifts
15 Push Ups
60 Sec Downdog Hold
60 Sec Plank
30 Crunches

REST