30 Days
Workout Challenge





 **DAY 1**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 2**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 3**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 4**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**

 **DAY 5**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**

 **DAY 6**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 7**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 8**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 9**

**Push-Up: 4 x 8 Reps**

**Sit-Up: 4 x 8 Reps**

**Squat: 4 x 8 Reps**

 **DAY 10**

**Push-Up: 4 x 8 Reps**

**Sit-Up: 4 x 8 Reps**

**Squat: 4 x 8 Reps**

 **DAY 11**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 12**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 13**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 14**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**

 **DAY 15**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**

 **DAY 16**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 17**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 18**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Squat: 3 x 12 Reps**

 **DAY 19**

**Push-Up: 4 x 8 Reps**

**Sit-Up: 4 x 8 Reps**

**Squat: 4 x 8 Reps**

 **DAY 20**

**Push-Up: 4 x 8 Reps**

**Sit-Up: 4 x 8 Reps**

**Squat: 4 x 8 Reps**

 **DAY 21**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 22**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 23**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 3 mins**

 **DAY 24**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**

 **DAY 25**

**Push-Up: 3 x 12 Reps**

**Sit-Up: 3 x 12 Reps**

**Plank: 5 mins**