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**