

# MAY

## FITNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
					1 3 PUSH UPS 10 SEC PLANK 25 SQUATS 10 CRUNCHES	2 4 PUSH UPS 12 SEC PLANK 30 SQUATS 15 CRUNCHES
3 5 PUSH UPS 15 SEC PLANK 35 SQUATS 20 CRUNCHES	4 REST	5 5 PUSH UPS 20 SEC PLANK 40 SQUATS 25 CRUNCHES	6 6 PUSH UPS 25 SEC PLANK 45 SQUATS 30 CRUNCHES	7 7 PUSH UPS 30 SEC PLANK 50 SQUATS 35 CRUNCHES	8 REST	9 7 PUSH UPS 35 SEC PLANK 55 SQUATS 40 CRUNCHES
10 8 PUSH UPS 40 SEC PLANK 60 SQUATS 45 CRUNCHES	11 9 PUSH UPS 45 SEC PLANK 65 SQUATS 50 CRUNCHES	12 REST	13 9 PUSH UPS 50 SEC PLANK 70 SQUATS 10 CRUNCHES	14 11 PUSH UPS 55 SEC PLANK 10 SQUATS 20 CRUNCHES	15 12 PUSH UPS 60 SEC PLANK 20 SQUATS 30 CRUNCHES	16 REST
17 12 PUSH UPS 65 SEC PLANK 30 SQUATS 40 CRUNCHES	18 14 PUSH UPS 70 SEC PLANK 40 SQUATS 50 CRUNCHES	19 15 PUSH UPS 75 SEC PLANK 50 SQUATS 60 CRUNCHES	20 REST	21 15 PUSH UPS 80 SEC PLANK 50 SQUATS 65 CRUNCHES	22 16 PUSH UPS 85 SEC PLANK 60 SQUATS 70 CRUNCHES	23 17 PUSH UPS 90 SEC PLANK 70 SQUATS 75 CRUNCHES
24 REST BONUS DAY 31	25 17 PUSH UPS 95 SEC PLANK 70 SQUATS 80 CRUNCHES	26 18 PUSH UPS 100 SEC PLANK 75 SQUATS 85 CRUNCHES	27 19 PUSH UPS 110 SEC PLANK 80 SQUATS 90 CRUNCHES	28 REST	29 19 PUSH UPS 115 SEC PLANK 90 SQUATS 95 CRUNCHES	30 20 PUSH UPS 120 SEC PLANK 100 SQUATS 100 CRUNCHES

### WEEKLY GOALS

GET YOUR FAMILY AND FRIENDS TO COMPLETE THIS 30 DAY FITNESS CHALLENGE WITH YOU!

YOU CAN DO MULTIPLE SETS TO COMPLETE EACH EXERCISE THEN CROSS OFF THE DAY WHEN YOU'RE DONE.

HAVE FUN!