

Jenn's 30-Day Get Back in Shape Challenge

1	2	3	4	5	6	7
10 bicep & tricep curls 10 sec punches 5 basic & plie squats 2 squat w/side kick 20 crunches 5 leg raises 10s plank	15 bicep & tricep curls 15 sec punches 8 basic & plie squats 4 squat w/side kick 28 crunches 8 leg raises 12s plank	20 bicep & tricep curls 20 sec punches 10 basic & plie squats 5 squat w/side kick 35 crunches 10 leg raises 15s plank	Arms & Abs Rest Day 12 basic & plie squats 6 squat w/side kick	30 bicep & tricep curls 25 sec punches Squats Rest Day 42 crunches 12 leg raises 20s plank	40 bicep & tricep curls 30 sec punches 15 basic & plie squats 7 squat w/side kick 50 crunches 15 leg raises 25s plank	50 bicep & tricep curls 35 sec punches 17 basic & plie squats 8 squat w/side kick 60 crunches 20 leg raises 30s plank
8	9	10	11	12	13	14
Arms & Abs Rest Day 20 basic & plie squats 10 squat w/side kick	55 bicep & tricep curls 40 sec punches 22 basic & plie squats 11 squat w/side kick 75 crunches 30 leg raises 35s plank	60 bicep & tricep curls 45 sec punches Squats Rest Day 100 crunches 30 leg raises 38s plank	65 bicep & tricep curls 50 sec punches 25 basic & plie squats 13 squat w/side kick 120 crunches 33 leg raises 42s plank	Arms & Abs Rest Day 30 basic & plie squats 15 squat w/side kick	75 bicep & tricep curls 1 min punches 35 basic & plie squats 17 squat w/side kick 135 crunches 40 leg raises 50s plank	80 bicep & tricep curls 65 sec punches 40 basic & plie squats 20 squat w/side kick 150 crunches 42 leg raises 55s plank
15	16	17	18	19	20	21
85 bicep & tricep curls 70 sec punches Squats Rest Day 160 crunches 42 leg raises 60s plank	Arms & Abs Rest Day 45 basic & plie squats 23 squat w/side kick	90 bicep & tricep curls 75 sec punches 50 basic & plie squats 25 squat w/side kick 175 crunches 45 leg raises 65s plank	100 bicep & tricep curls 80 sec punches 55 basic & plie squats 27 squat w/side kick 190 crunches 48 leg raises 70s plank	105 bicep & tricep curls 85 sec punches 60 basic & plie squats 30 squat w/side kick 205 crunches 50 leg raises 75s plank	Rest Day Keep Going! You're doing great!	110 bicep & tricep curls 90 sec punches 65 basic & plie squats 33 squat w/side kick 220 crunches 52 leg raises 80s plank
22	23	24	25	26	27	28
115 bicep & tricep curls 95 sec punches 70 basic & plie squats 35 squat w/side kick 235 crunches 55 leg raises 85s plank	120 bicep & tricep curls 100 sec punches 75 basic & plie squats 37 squat w/side kick 250 crunches 58 leg raises 90s plank	Arms & Abs Rest Day 80 basic & plie squats 40 squat w/side kick	125 bicep & tricep curls 105 sec punches Squats Rest Day 265 crunches 60 leg raises 95s plank	130 bicep & tricep curls 110 sec punches 85 basic & plie squats 43 squat w/side kick 280 crunches 60 leg raises 100s plank	135 bicep & tricep curls 115 sec punches 90 basic & plie squats 45 squat w/side kick 295 crunches 62 leg raises 110s plank	Arms & Abs Rest Day 95 basic & plie squats 47 squat w/side kick
29	30	<p>* Modify exercises &/or break into sets as needed. * Arm exercises with or without weights. * Arms & squat w/side kick - do both sides! * Do more repetitions/longer planks for more challenge. * Don't get discouraged! If you find yourself falling behind, makeup what you missed the next day or take longer than 30 days to complete.</p>				
140 bicep & tricep curls 2 min punches 100 basic & plie squats 50 squat w/side kick 310 crunches 62 leg raises 115s plank	150 bicep & tricep curls 150 sec punches Squats Rest Day 325 crunches 65 leg raises 120s plank					