

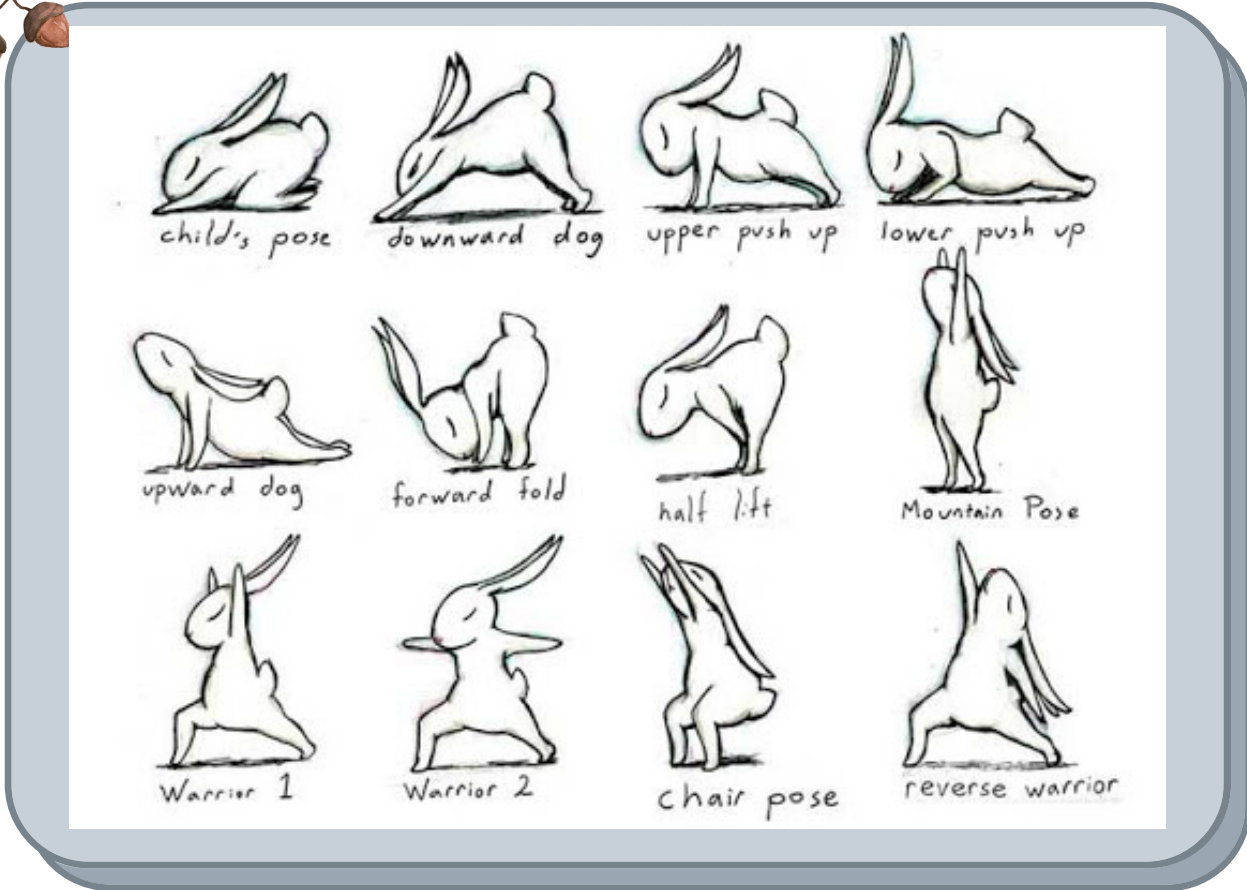
30 Day Fitness Challenge



1 5 squats 10 s. plank 1 push-up	2 7 squats 15 s. plank 1 push-up	3 10 squats 20 s. plank 2 push-ups	4 13 squats 25 s. plank 2 push-ups	5 Active rest day	6 15 squats 30 s. plank 3 push-ups	7 17 squats 35 s. plank 3 push-ups
8 20 squats 40 s. plank 4 push-ups	9 23 squats 45 s. plank 4 push-ups	10 Active rest day	11 25 squats 50 s. plank 5 push-ups	12 30 squats 55 s. plank 5 push-ups	13 33 squats 1 min. plank 6 push-ups	14 35 squats 1 min. plank 6 push-ups
15 Active rest day	16 37 squats 1 min. 15 s. plank 7 push-ups	17 40 squats 1 min. 15 s. plank 7 push-ups	18 43 squats 1 min. 15 s. plank 8 push-ups	19 45 squats 1 min. 30 s. plank 8 push-ups	20 Active rest day	21 47 squats 1 min. 30 s. plank 9 push-ups
22 50 squats 1 min. 30 s. plank 9 push-ups	23 53 squats 1 min. 45 s. plank 10 push-ups	24 55 squats 1 min. 45 s. plank 10 push-ups	25 Active rest day	26 60 squats 2 min. plank 11 push-ups	27 65 squats 2 min. 15 s. plank 12 push-ups	28 70 squats 2 min. 30 s. plank 13 push-ups
29 75 squats 2 min. 45 s. plank 14 push-ups	30 80 squats 3 min. plank 15 push-ups					

Chill out

| Yoga to stretch & relax



Try to hold each pose for several inhales & exhales.

Flow through the whole sequence, repeating moves on each side, 3-5 times.


Focus on slowing down your breath and deepening each stretch.

Yoga Bunny art by Brian Russo @ bunnyyoga.com



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Hours: Monday: Closed, Tuesday - Friday 10:00 AM - 8:00 PM, Saturday & Sunday 1:00 PM - 5:00 PM

Cardio Fitness |



Circuit Training



Jumping Jacks

Advanced: Star jumps



Reverse Lunges

Advanced: Jumping lunges



Butt Kicks

Advanced: High knees



Plank

Advanced: Plank up-downs



Squats

Advanced: Jump squats



Challenge

Beginner

- Perform each exercise for 30 s.
- Rest 20 s. between each exercise
- Complete 4 times through

Intermediate

- Perform each exercise for 45 s.
- Rest for 15 s. between each exercise
- Complete 4 times through

Advanced

- Perform each exercise for 45 s.
- Rest for 15 s. between each exercise
- Complete 5 times through



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