

# 30 Day Activity Challenge

- Try and complete all exercises each day for 30 days. You do not need to complete all exercises or reps at the same time. If preferred, you may split up the exercises and/or reps throughout the day. Listen to your body and work at your own speed and level.

<b>DAY 1</b> 50 Jumping Jacks 10 Burpees 10 Push ups 10 Tricep Dips	<b>DAY 2</b> 10 Stairs 30 Squats 50 Mountain Climber 30 Walking Lunges	<b>DAY 3</b> 50 High Knees 20 Crunches 20 Reverse Crunches 30 Second plank	<b>DAY 4</b> 50 Jumping Jacks 10 Burpees 10 Push ups 10 Tricep Dips	<b>DAY 5</b> 10 Stairs 30 Squats 50 Mountain Climber 30 Walking Lunges	<b>DAY 6</b> 50 High Knees 20 Crunches 20 Reverse Crunches 30 Second plank
<b>DAY 7</b> 60 Jumping Jacks 15 Burpees 15 Push ups 15 Tricep Dips	<b>DAY 8</b> 15 Stairs 35 Squats 60 Mountain Climber 35 Walking Lunges	<b>DAY 9</b> 60 High Knees 25 Crunches 25 Reverse Crunches 40 Second plank	<b>DAY 10</b> 60 Jumping Jacks 15 Burpees 15 Push ups 15 Tricep Dips	<b>DAY 11</b> 15 Stairs 35 Squats 60 Mountain Climber 35 Walking Lunges	<b>DAY 12</b> 60 High Knees 25 Crunches 25 Reverse Crunches 40 Second plank
<b>DAY 13</b> 70 Jumping Jacks 20 Burpees 20 Push ups 20 Tricep Dips	<b>DAY 14</b> 20 Stairs 40 Squats 70 Mountain Climber 40 Walking Lunges	<b>DAY 15</b> 70 High Knees 30 Crunches 30 Reverse Crunches 50 Second plank	<b>DAY 16</b> 70 Jumping Jacks 20 Burpees 20 Push ups 20 Tricep Dips	<b>DAY 17</b> 20 Stairs 40 Squats 70 Mountain Climber 40 Walking Lunges	<b>DAY 18</b> 70 High Knees 30 Crunches 30 Reverse Crunches 50 Second plank
<b>DAY 19</b> 80 Jumping Jacks 25 Burpees 25 Push ups 25 Tricep Dips	<b>DAY 20</b> 25 Stairs 45 Squats 80 Mountain Climber 45 Walking Lunges	<b>DAY 21</b> 80 High Knees 35 Crunches 35 Reverse Crunches 60 Second plank	<b>DAY 22</b> 80 Jumping Jacks 25 Burpees 25 Push ups 25 Tricep Dips	<b>DAY 23</b> 25 Stairs 45 Squats 80 Mountain Climber 45 Walking Lunges	<b>DAY 24</b> 80 High Knees 35 Crunches 35 Reverse Crunches 60 Second plank
<b>DAY 25</b> 100 Jumping Jacks 30 Burpees 30 Push ups 30 Tricep Dips	<b>DAY 26</b> 25 Stairs 45 Squats 80 Mountain Climber 45 Walking Lunges	<b>DAY 27</b> 100 High Knees 40 Crunches 40 Reverse Crunches Hold plank as long as you can.	<b>DAY 28</b> 100 Jumping Jacks 30 Burpees 30 Push ups 30 Tricep Dips	<b>DAY 29</b> 25 Stairs 45 Squats 80 Mountain Climber 45 Walking Lunges	<b>DAY 30</b> 100 High Knees 40 Crunches 40 Reverse Crunches Hold plank as long as you can. Try for 5-10 seconds longer than day 27.