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| BEGINNER | |
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| 30 Day Strength Challenge | **Every time you work out it is a gift to yourself, so enjoy it!!!!!** |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | March 30 | March 31 | April 1 | 2 | 3 | 4 |
|  | Knee Push Ups      10  Wall Sit         30 Sec.  High Plank   20 Sec. | Knee Push Ups      10  Wall Sit         30 Sec.  High Plank   20 Sec. | Knee Push Ups  10-15  Wall Sit         30 Sec.  High Plank   20 Sec. | Knee Push Ups   10-15  Wall Sit         30 Sec.  High Plank   25 Sec. | Push Ups      Max#\_\_\_\_\_\_\_  Wall Sit         Max#\_\_\_\_\_\_  High Plank   Max#\_\_\_\_\_\_ | REST |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| REST | Push Ups      5-7  Wall Sit         25 Sec.  High Plank   30 Sec. | Push Ups      5-7  Wall Sit         25 Sec.  High Plank   30 Sec. | Push Ups      5-7  Wall Sit         25 Sec.  High Plank   30 Sec. | Push Ups      7-10  Wall Sit         30 Sec.  High Plank   30 Sec. | Push Ups      Max#\_\_\_\_\_\_\_\_  Wall Sit         Max#\_\_\_\_\_\_\_\_  High Plank   Max#\_\_\_\_\_\_\_\_ | REST |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| REST | Push Ups         7-10  Wall Sit            30 Sec.  Elbow Plank   20 sec. | Push Ups         7-10  Wall Sit            30 Sec.  Elbow Plank   20 Sec. | Push Ups         10-12  Wall Sit            30 Sec.  Elbow Plank   20 Sec. | Push Ups         10-12  Wall Sit            30 Sec.  Elbow Plank   20 Sec. | Push Ups         Max#\_\_\_\_\_\_\_  Wall Sit            Max#\_\_\_\_\_\_\_  Elbow Plank   Max#\_\_\_\_\_\_\_ | REST |
| 19 | 20 | 22 | 22 | 23 | 24 | 25 |
| REST | Push Ups         10-12  Wall Sit            35 Sec.  Elbow Plank   30 Sec. | Push Ups         12-15  Wall Sit            35 Sec.  Elbow Plank   30 Sec. | Push Ups         12-15  Wall Sit            35 Sec.  Elbow Plank   30 Sec. | Push Ups         12-15  Wall Sit            35 Sec.  Elbow Plank   30 Sec. | Push Ups         Max#\_\_\_\_\_\_\_  Wall Sit            Max#\_\_\_\_\_\_\_  Elbow Plank   Max#\_\_\_\_\_\_\_ | REST |

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| 26 | 27 | 28 | 29 | 30 | MAY :) |
| REST | Push Ups         15-17  Wall Sit            40 Sec.  Elbow Plank   40 Sec. | Push Ups         15-17  Wall Sit            40 Sec.  Elbow Plank   40 Sec. | Push Ups         15-17  Wall Sit            40 Sec.  Elbow Plank  40 Sec. | Push Ups       Max#\_\_\_\_  Wall Sit         Max#\_\_\_  Elbow Plank  Max#\_\_\_\_ | CONGRATULATIONS!!!!  Now create your own challenge for the Month of May! Be creative.  Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **ADVANCE** | |
|  | |
| 30 Day Strength Challenge | **Every time you work out it is a gift to yourself, so enjoy it!!!!!** |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | March 30 | March 31 | April 1 | 2 | 3 | 4 |
|  | Push Ups      10-15  Wall Sit         40 Sec.  Plank             30 Sec. | Push Ups      10-15  Wall Sit         40 Sec.  Plank             30 Sec. | Push Ups      10-15  Wall Sit         40 Sec.  Plank             30 Sec. | Push Ups      15  Wall Sit         40 Sec.  Plank              30 Sec. | Push Ups   Max# \_\_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_ | REST |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| REST | Push Ups      15-20  Wall Sit         45 Sec.  Plank             35 Sec. | Push Ups      15-20  Wall Sit         45 Sec.  Plank             35 Sec. | Push Ups      15-20  Wall Sit         45 Sec.  Plank             35 Sec. | Push Ups      20  Wall Sit         45 Sec.  Plank             35 Sec. | Push Ups   Max# \_\_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_ | REST |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| REST | Push Ups      20-25  Wall Sit         50 Sec.  Plank             40 Sec. | Push Ups      20-25  Wall Sit         50 Sec.  Plank             40 Sec. | Push Ups      20-25  Wall Sit         50 Sec.  Plank              40 Sec. | Push Ups      20-25  Wall Sit         50 Sec.  Plank             40 Sec. | Push Ups   Max# \_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_ | REST |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| REST | Push Ups      25  Wall Sit         55 Sec.  Plank             45 Sec. | Push Ups      25  Wall Sit         55 Sec.  Plank             45 Sec. | Push Ups      25-30  Wall Sit         55 Sec.  Plank              45 Sec. | Push Ups      25-30  Wall Sit         55 Sec.  Plank              50 Sec. | Push Ups   Max# \_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_ | REST |

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| 26 | 27 | 28 | 29 | 30 | MAY:) |  |
| REST | Push Ups      25  Wall Sit         55 Sec.  Plank             45 Sec. | Push Ups      25  Wall Sit         55 Sec.  Plank             45 Sec. | Push Ups      25-30  Wall Sit         55 Sec.  Plank              45 Sec. | Push Ups         Max#\_\_\_  Wall Sit            Max#\_\_\_\_  Elbow Plank   Max#\_\_\_\_ | CONGRATULATIONS!!!!  Now create your own challenge for the Month of May! Be creative.  Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

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| **EXPERTISE** | |
|  | |
| 30 Day Strength Challenge | **Every time you work out it is a gift to yourself, so enjoy it!!!!!** |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | March 30 | March 31 | April 1 | 2 | 3 | 4 |
|  | Push Ups      15-20  Wall Sit         60 Sec.  Plank             45 Sec.  Burpees        10-12 | Push Ups      15-20  Wall Sit         60 Sec.  Plank             45 Sec.  Burpees        10-12 | Push Ups      15-20  Wall Sit         60 Sec.  Plank             45 Sec.  Burpees        12-15 | Push Ups      15-20  Wall Sit         60 Sec.  Plank             45 Sec.  Burpees        12-15 | Push Ups   Max# \_\_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_  Burpees     Max#\_\_\_\_\_\_\_\_ | REST |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| REST | Push Ups      20-25  Wall Sit         75 Sec.  Plank             60 Sec.  Burpees        15-20 | Push Ups      20-25  Wall Sit         75 Sec.  Plank             60 Sec.  Burpees        15-20 | Push Ups      20-25  Wall Sit         75 Sec.  Plank             60 Sec.  Burpees        15-20 | Push Ups      20-25  Wall Sit         75 Sec.  Plank             60 Sec.  Burpees        15-20 | Push Ups   Max# \_\_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_  Burpees     Max#\_\_\_\_\_\_\_\_ | REST |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| REST | Push Ups      25-30  Wall Sit         90 Sec.  Plank             75 Sec.  Burpees        20-25 | Push Ups      25-30  Wall Sit         90 Sec.  Plank             75 Sec.  Burpees        20-25 | Push Ups      25-30  Wall Sit         90 Sec.  Plank             75 Sec.  Burpees        20-25 | Push Ups      25-30  Wall Sit         90 Sec.  Plank             75 Sec.  Burpees        20-25 | Push Ups   Max# \_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_  Burpees     Max#\_\_\_\_\_\_\_\_ | REST |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| REST | Push Ups      30-35  Wall Sit         100 Sec.  Plank             90 Sec.  Burpees        25-30 | Push Ups      30-35  Wall Sit         100 Sec.  Plank             90 Sec.  Burpees        25-30 | Push Ups      30-35  Wall Sit         100 Sec.  Plank             90 Sec.  Burpees        25-30 | Push Ups      30-35  Wall Sit         100 Sec.  Plank             90 Sec.  Burpees        25-30 | Push Ups   Max# \_\_\_\_\_\_\_  Wall Sit      Max#\_\_\_\_\_\_\_\_  Plank          Max#\_\_\_\_\_\_\_\_  Burpees     Max#\_\_\_\_\_\_\_\_ | REST |

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| 26 | 27 | 28 | 29 | 30 | MAY :) |  |
| REST | Push Ups      35-40  Wall Sit         2 min.  Plank             100 Sec.  Burpees        25-30 | Push Ups      35-40  Wall Sit         2 min.  Plank             100 Sec.  Burpees        25-30 | Push Ups      35-40  Wall Sit         2 min.  Plank             100 Sec.  Burpees        25-30 | Push Ups         Max#\_\_\_  Wall Sit            Max#\_\_\_\_  Elbow Plank   Max#\_\_\_\_  Burpees           Max#\_\_\_ | CONGRATULATIONS!!!!  Now create your own challenge for the Month of May! Be creative.  Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |