

30-Day Full Body Challenge – 2014 round up

from the 30-Day Challenge Series & Eat. Drink & be Skinny!

Monday 100 Lower Body	Tuesday 100 Core	Wednesday 100 Push-Ups	Thursday Run 1 Mile	Friday 3 Min Burpees	Saturday 100 Upper Body	Sunday Challengers Choice
Day 1 Reps: ____ Sets: ____ Time: ____	Day 2 Reps: ____ Sets: ____ Time: ____	Day 3 Reps: ____ Sets: ____ Time: ____	Day 4 Total Dist: ____ Total Time: ____ Mile Time: ____	Day 5 Total # Burpees _____	Day 6 Reps: ____ Sets: ____ Time: ____	Day 7 Rest Test Repeat
Day 9 Reps: ____ Sets: ____ Time: ____	Day 9 Reps: ____ Sets: ____ Time: ____	Day 10 Reps: ____ Sets: ____ Time: ____	Day 11 Total Dist: ____ Total Time: ____ Mile Time: ____	Day 12 Total # Burpees _____	Day 13 Reps: ____ Sets: ____ Time: ____	Day 14 Rest Test Repeat
Day 15 Reps: ____ Sets: ____ Time: ____	Day 16 Reps: ____ Sets: ____ Time: ____	Day 17 Reps: ____ Sets: ____ Time: ____	Day 18 Total Dist: ____ Total Time: ____ Mile Time: ____	Day 19 Total # Burpees _____	Day 20 Reps: ____ Sets: ____ Time: ____	Day 21 Rest Test Repeat
Day 22 Reps: ____ Sets: ____ Time: ____	Day 23 Reps: ____ Sets: ____ Time: ____	Day 24 Reps: ____ Sets: ____ Time: ____	Day 25 Total Dist: ____ Total Time: ____ Mile Time: ____	Day 26 Total # Burpees _____	Day 27 Reps: ____ Sets: ____ Time: ____	Day 28 Rest Test Repeat
Day 29 Reps: ____ Sets: ____ Time: ____	Day 30 Reps: ____ Sets: ____ Time: ____	Bonus Day Reps: ____ Sets: ____ Time: ____	Bonus Day Total Dist: ____ Total Time: ____ Mile Time: ____	Bonus Day Total # Burpees _____	Bonus Day Reps: ____ Sets: ____ Time: ____	Bonus Day Rest Test Repeat

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for full details & video instructions!