

# 30-Day Upper & Lower Body Blaster Challenge

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Push-Ups ___ Lunges ___ Notes:
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Push-Ups ___ Lunges ___ Notes:
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Push-Ups ___ Lunges ___ Notes:
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Push-Ups ___ Lunges ___ Notes:
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Push-Ups ___ Lunges ___ Notes:
Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	Day ___ 100 Walking Lunges # Sets ____ # Reps ____	Day ___ 100 Push-Ups # Sets ____ # Reps ____	REST	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____	<b>You are:</b> Strong Beautiful Brave Amazing	Ending Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____

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