

2016 Round-Up 30-Day Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Challenger's Choice	Full Body Chair Workout	21-Minute Sprint Interval	7+ Push-up Challenge	Lower Body Workout	Plank Challenge	Full Body Density Workout
Your Goal: Your Reward:	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	<i>"It's not about being perfect, it's about being better!"</i>	Day 1 Lower Body Each Exercise 20 Reps	Day 2 Plank Benchmark Test Level: 1 2 3 ___ Min ___ Sec	Day 3 Density 10 Squat, push-up, crunch Rnds in 5 min: __
Day 4 Challengers Choice Rest Test Repeat -----	Day 5 Chair 1-3 Sets 8-12 Reps	Day 6 Sprint 6 min easy 1 min hard 3 times	Day 7 Push-up Benchmark Test Type: Knee Toe ___ # Push-ups	Day 8 Lower Body Each Exercise 25 Reps	Day 9 Plank Benchmark +15 Level: 1 2 3 ___ Min ___ Sec	Day 10 Density 10 Squat, push-up, crunch Rnds in 5 min: __
Day 11 Challengers Choice Rest Test Repeat -----	Day 12 Chair 1-3 Sets 12-14 Reps	Day 13 Sprint 5 min easy 2 min hard 3 times	Day 14 Push-up Benchmark +7 Type: Knee Toe ___ # Push-ups	Day 15 Lower Body Each Exercise 30 Reps	Day 16 Plank Benchmark +15 Level: 1 2 3 ___ Min ___ Sec	Day 17 Density 10 Squat, push-up, crunch Rnds in 5 min: __
Day 18 Challengers Choice Rest Test Repeat -----	Day 19 Chair 1-3 Sets 14-16 Reps	Day 20 Sprint 4 min easy 3 min hard 3 times	Day 21 Push-up Benchmark +14 Type: Knee Toe ___ # Push-ups	Day 22 Lower Body Each Exercise 35 Reps	Day 23 Plank Benchmark +15 Level: 1 2 3 ___ Min ___ Sec	Day 24 Density 10 Squat, push-up, crunch Rnds in 5 min: __
Day 25 Challengers Choice Rest Test Repeat -----	Day 26 Chair 1-3 Sets 16-18 Reps	Day 27 Sprint 3 min easy 4 min hard 3 times	Day 28 Push-up Benchmark +21 Type: Knee Toe ___ # Push-ups	Day 29 Lower Body Each Exercise 40 Reps	Day 30 Plank Benchmark +15 Level: 1 2 3 ___ Min ___ Sec	Day 31 Density 10 Squat, push-up, crunch Rnds in 5 min: __

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