

# The Bodyhappiness 30 Day Weight Loss Challenge

## - High Intensity Workout Plan -

### Day 1

50 JUMPING JACKS  
30 SECOND PLANK  
50 MOUNTAIN CLIMBERS  
40 SQUAT JUMPS  
40 WALKING LUNGES  
REPEAT 4 TIMES

### Day 2

30 SECOND PLANK  
40 SQUAT JUMPS  
40 SPEED SKATERS  
8 BURPEES  
40 SIT UPS  
REPEAT 4 TIMES

### Day 3

20 PLANK WALKS  
50 MOUNTAIN CLIMBERS  
40 SPEED SKATERS  
40 WALKING LUNGES  
40 RUSSIAN TWISTS  
REPEAT 4 TIMES

### Day 4

10 SIDE PLANKS  
40 JUMP SQUATS  
8 BURPEES  
30 PUSH UPS  
60 SECONDS JUMP ROPE  
REPEAT 4 TIMES

### Day 5

50 MOUNTAIN CLIMBERS  
40 SPEED SKATERS  
40 WALKING LUNGES  
40 SIT UPS  
30 TRICEP DIPS  
REPEAT 4 TIMES

### Day 6

40 JUMP SQUATS  
40 SPEED SKATERS  
40 RUSSIAN TWISTS  
30 TRICEP DIPS  
60 SECONDS JUMP ROPE  
REPEAT 4 TIMES

### Day 7

20 MINUTE INTERVAL RUN  
• 1 MIN WARM UP  
• 2 MIN JOG (OR WALK)  
• 1 MIN. HIGH INTENSITY  
• ALTERNATE UNTIL 20 MINS ARE REACHED.

### Day 8

40 SPEED SKATERS  
50 MOUNTAIN CLIMBERS  
10 SIDE PLANKS  
50 JUMPING JACKS  
8 BURPEES  
REPEAT 4 TIMES

### Day 9

10 BURPEES  
40 SIT UPS  
30 PUSH UPS  
40 SECOND PLANK  
50 JUMPING JACKS  
REPEAT 4 TIMES

### Day 10

40 SIT UPS  
30 TRICEP DIPS  
60 SECONDS JUMP ROPE  
40 SECOND PLANK  
40 SQUAT JUMPS  
REPEAT 4 TIMES

### Day 11

40 RUSSIAN TWISTS  
30 PUSH UPS  
55 JUMPING JACKS  
20 PLANK WALKS  
40 SPEED SKATERS  
REPEAT 4 TIMES

### Day 12

30 PUSH UPS  
10 SIDE PLANKS  
50 MOUNTAIN CLIMBERS  
40 WALKING LUNGES  
10 BURPEES  
REPEAT 4 TIMES

### Day 13

30 TRICEPS DIPS  
60 SECONDS JUMP ROPE  
40 SIT UPS  
40 SPEED SKATERS  
40 SECOND PLANK  
REPEAT 4 TIMES

### Day 14

20 MINUTE INTERVAL RUN  
• 1 MIN. WARM UP  
• 2 MIN. JOG (OR WALK)  
• 1 MIN. HIGH INTENSITY  
• ALTERNATE UNTIL 20 MINS ARE REACHED.

### Day 15

60 SECONDS JUMP ROPE  
20 PLANK WALKS  
40 SQUAT JUMPS  
10 BURPEES  
35 PUSH UPS  
REPEAT 4 TIMES

### Day 16

55 JUMPING JACKS  
40 SQUAT JUMPS  
40 SPEED SKATERS  
30 TRICEP DIPS  
60 SECOND JUMP ROPE  
REPEAT 4 TIMES

### Day 17

40 SECOND PLANK  
50 MOUNTAIN CLIMBERS  
10 BURPEES  
45 SIT UPS  
40 RUSSIAN TWISTS  
REPEAT 4 TIMES

### Day 18

20 PLANK WALKS  
40 SQUAT JUMPS  
40 WALKING LUNGES  
35 PUSH UPS  
50 MOUNTAIN CLIMBERS  
REPEAT 4 TIMES

### Day 19

14 SIDE PLANKS  
40 SPEED SKATERS  
40 RUSSIAN TWISTS  
55 JUMPING JACKS  
30 TRICEP DIPS  
REPEAT 4 TIMES

### Day 20

50 MOUNTAIN CLIMBERS  
14 SIDE PLANKS  
35 PUSH UPS  
45 SIT UPS  
40 SPEED SKATERS  
REPEAT 4 TIMES

### Day 21

20 MINUTE INTERVAL RUN  
• 1 MIN WARM UP  
• 2 MIN JOG (OR WALK)  
• 1 MIN HIGH INTENSITY  
• ALTERNATE UNTIL 20 MINS ARE REACHED.

### Day 22

40 SQUAT JUMPS  
50 MOUNTAIN CLIMBERS  
20 PLANK WALKS  
10 BURPEES  
40 PUSH UPS  
REPEAT 4 TIMES

### Day 23

40 SPEED SKATERS  
60 JUMPING JACKS  
16 SIDE PLANKS  
40 RUSSIAN TWISTS  
30 TRICEP DIPS  
REPEAT 4 TIMES

### Day 24

12 BURPEES  
50 MOUNTAIN CLIMBERS  
20 PLANK WALKS  
45 SIT UPS  
35 PUSH UPS  
REPEAT 4 TIMES

### Day 25

45 SITS UPS  
30 TRICEP DIPS  
60 SECOND JUMP ROPE  
45 SECOND PLANK  
50 MOUNTAIN CLIMBERS  
REPEAT 4 TIMES

### Day 26

40 RUSSIAN TWISTS  
40 PUSH UPS  
60 JUMPING JACKS  
16 SIDE PLANKS  
40 SQUAT JUMPS  
REPEAT 4 TIMES

### Day 27

40 PUSH UPS  
45 SECOND PLANK  
40 MOUNTAIN CLIMBERS  
40 SQUAT JUMPS  
40 SPEED SKATERS  
REPEAT 4 TIMES

### Day 28

20 MINUTE INTERVAL RUN  
• 1 MIN WARM UP  
• 2 MIN JOG (OR WALK)  
• 1 MIN HIGH INTENSITY  
• ALTERNATE UNTIL 20 MINS ARE REACHED.

### Day 29

30 TRICEP DIPS  
60 JUMPING JACKS  
20 PLANK WALKS  
40 WALKING LUNGES  
12 BURPEES  
REPEAT 4 TIMES

### Day 30

60 SECOND JUMP ROPES  
16 SIDE PLANKS  
40 MOUNTAIN CLIMBERS  
40 PUSH UPS  
40 SIT UPS  
REPEAT 4 TIMES