## START MOVING



## 30 Day Fitness Challenge

FreeHealthCalculators.com

# Week One

## SWEAT TODAY fine TOMORROW

Day 1

Warm up: 5-minute brisk walk or jog Strength: 3 sets of 10 squats Cardio: 20 jumping jacks Flexibility: 5-minute full-body stretch

#### Day 2 Date:

<b>Warm up:</b> 5-minute jump rope	
Strength: 3 sets of 10 push-ups	
Cardio: 30-second high knees	(3 rounds)
Flexibility: 5-minute yoga flow	

Date: Day 3

Warm up: 5-minute brisk walk Strength: 3 sets of 10 lunges per leg Cardio: 1 minute plank (3 rounds) Flexibility: 5-minute deep stretches

#### Day 4 Date:

Warm up: 5-minute bike ride
Strength: 3 sets of 10 dumbbell rows an arm
Cardio: 3 sets of 15 mountain climbers
Flexibility: 5-minute Pilates routine

Day 5

Warm up: 5-minute dynamic stretching Strength: 3 sets of 10 tricep dips Cardio: 2-minute fast paced walk or jog Flexibility: 5-minute yoga flow

#### Day 6 Date:

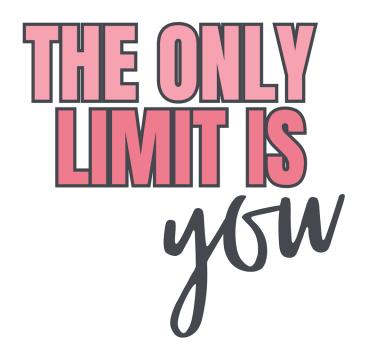
### **Active recovery:** 30-minute leisurely walk, swim, or bike ride

Date: Day 7

# **Reset and Recovery:** Focus on hydration, nutrition, and gentle stretching

How are you feeling up to this point?
What is your motivation to keep going?

# Week Two



Date: Day 8

Warm up: 5-minute brisk walk or jog

**Strength:** 3 sets of 15 squats

Cardio: 30 jumping jacks

Flexibility: 5-minute full-body stretch

#### Day 9 Date:

<b>Warm up:</b>	5-minute jump rope
	3 sets of 10 push-ups
	30-second high knees (5 rounds)
<b>Flexibility:</b>	5-minute yoga flow
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Date: Day 10

Warm up: 5-minute brisk walk Strength: 3 sets of 15 lunges per leg Cardio: 90 second plank (3 rounds) Flexibility: 5-minute deep stretches

#### Day 11 Date:

 3 sets of 3 sets of	15 dumbbell 15 mountain	climbers	arm
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			_

Day 12

Strength:	3 sets of 3-minute	dynamic stretching 15 tricep dips fast paced walk or yoga flow	jog

#### Day 13 Date:

<b>Active</b>	recovery	40-minute leisur	ely activity
		of choice	

Day 14

# **Reset and Recovery:** Focus on hydration, nutrition, and rest

How are you feeling up to this point?
What is your motivation to keep going?

# Week Three



Date:

#### **Day 15**

**Strength:** 3 sets of 12 squats, push-ups and lunges

**Cardio:** 3 sets of 20 jumping jacks, high knees, and mountain climbers

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#### Day 16 Date:

**Strength:** 3 sets of 12 dumbbell rows, tricep dips, and bicep curls

Cardio: 2-minute plank (4 rounds)


Day 17

<b>Active</b>	recovery	45-minute leisurely	activity
	_	and stretching	

#### Day 18 Date:

**Strength:** 4 sets of 10 squats, push-ups, lunges, and dumbbell rows

**Cardio:** 4 sets of 15 jumping jacks, high knees, mountain climbers, burpees


Date:

#### **Day 19**

**Strength:** 4 sets of 12 tricep dips, bicep curls and shulder presses

Cardio: 3-minute plank (3 rounds)


#### Day 20 Date:

# Active recovery: 50-minute leisurely activity, yoga or Pilates

ifficulty:				

Day 21

# **Reset and Recovery:** Focus on hydration, nutrition, and rest

How are you feeling up to this point?
What is your motivation to keep going?

# Week Four



Date:

**Day 22** 

**Strength:** 3 sets of 12 squats, push-ups and lunges

**Cardio:** 3 sets of 20 jumping jacks, high knees, and mountain climbers

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#### Day 23 Date:

**Strength:** 3 sets of 12 dumbbell rows, tricep dips, and bicep curls

Cardio: 2-minute plank (4 rounds)

Date:

#### **Day 24**

Strength:	4 sets of 12 squats, push-ups, lunges, dumbbell rows, bicep curls
Cardio:	5 sets of 20 jumping jacks, high knees, mountain climbers, burpees

#### Day 25 Date:

# Active recovery: 55-minute leisurely activity and stretching

ficulty:				

Date:

**Day 26** 

**Strength:** 4 sets of 12 tricep dips, shoulder presses, and leg raises

Cardio: 4-minute plank (3 rounds)

#### Day 27 Date:

<b>Active recovery:</b> 60-minute leisurely activity yoga, or Pilates		ctivity
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Date: Day 28

# **Reset and Recovery:** Focus on hydration, nutrition, and rest

How are you feeling up to this point?			
What is your motivation to keep going?			

#### Day 29 Date:

	3 sets of 10 squats, push-ups, lunges, dumbbek rows, bicep curls, and tricep dips
Cardio:	5 sets of 25 jumping jacks, hihj knees, mountain climbers, burpees

#### **Day 30**

Celebration day: Choose your favorite
activities from the challenge and perform
them in a circuit format, while focusing on
enjoyment, effort, and achievement

# Congratulations

#### **Remember to:**

- Listen to your body
- Stay hydrated
- Maintain proper nutrition
- Get adequate rest
- Celebrate your progress

