

# START MOVING



## 30 Day Fitness Challenge

[FreeHealthCalculators.com](https://FreeHealthCalculators.com)

# Week One

**SWEAT TODAY**  
*Shine* **TOMORROW**

**Date:**

# 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

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**Difficulty:** 10 orange squares of varying sizes, arranged horizontally, representing a difficulty level indicator.

# Day 2

Date:

**Warm up:** 5-minute jump rope

**Strength:** 3 sets of 10 push-ups

**Cardio:** 30-second high knees (3 rounds)

**Flexibility:** 5-minute yoga flow

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Difficulty:



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

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**Difficulty:** 









Date:

# Day 7

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

How are you feeling up to this point?

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What is your motivation to keep going?

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# Week Two

**THE ONLY  
LIMIT IS  
you**



# Day 9

Date:

**Warm up:** 5-minute jump rope

**Strength:** 3 sets of 10 push-ups

**Cardio:** 30-second high knees (5 rounds)

**Flexibility:** 5-minute yoga flow

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Difficulty:



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

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**Difficulty:** 

# Day 11

Date:

**Warm up:** 5-minute bike ride

**Strength:** 3 sets of 15 dumbbell rows per arm

**Cardio:** 3 sets of 15 mountain climbers

**Flexibility:** 5-minute Pilates routine

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**Difficulty:** 







Date:

# Day 14

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

How are you feeling up to this point?

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What is your motivation to keep going?

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# 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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**Difficulty:** 

# Day 16

Date:

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

**Cardio:** 2-minute plank (4 rounds)

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**Difficulty:** 



# 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

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**Difficulty:** 







Date:

# Day 21

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

How are you feeling up to this point?

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What is your motivation to keep going?

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# Week Four

*You can*  
**DO HARD**  
**THINGS**

# Day 22

**Date:**

**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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**Difficulty:** 

# Day 23

Date:

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

**Cardio:** 2-minute plank (4 rounds)

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**Difficulty:** 

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

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**Difficulty:** 

# Day 25

Date:

**Active recovery:** 55-minute leisurely activity and stretching

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Difficulty: 

Date:

# Day 26

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

**Cardio:** 4-minute plank (3 rounds)

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**Difficulty:** 





Date:

# Day 28

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

How are you feeling up to this point?

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What is your motivation to keep going?

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# Congratulations

## Remember to:

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

