

30 DAY

Beginner Workout Challenge

Day 1 <input type="checkbox"/> 5 Jumping Jacks <input type="checkbox"/> 5 Bicycle Crunches <input type="checkbox"/> 5 Second Plank <input type="checkbox"/> 5 Modified Pushups <input type="checkbox"/> 5 Squats	Day 2 <input type="checkbox"/> 6 Jumping Jacks <input type="checkbox"/> 6 Bicycle Crunches <input type="checkbox"/> 6 Second Plank <input type="checkbox"/> 6 Modified Pushups <input type="checkbox"/> 6 Squats	Day 3 Rest	Day 4 <input type="checkbox"/> 7 Jumping Jacks <input type="checkbox"/> 7 Bicycle Crunches <input type="checkbox"/> 7 Second Plank <input type="checkbox"/> 7 Modified Pushups <input type="checkbox"/> 7 Squats	Day 5 <input type="checkbox"/> 8 Jumping Jacks <input type="checkbox"/> 8 Bicycle Crunches <input type="checkbox"/> 8 Second Plank <input type="checkbox"/> 8 Modified Pushups <input type="checkbox"/> 8 Squats	Day 6 <input type="checkbox"/> 9 Jumping Jacks <input type="checkbox"/> 9 Bicycle Crunches <input type="checkbox"/> 9 Second Plank <input type="checkbox"/> 9 Modified Pushups <input type="checkbox"/> 9 Squats	Day 7 Rest
Day 8 <input type="checkbox"/> 10 Jumping Jacks <input type="checkbox"/> 10 Bicycle Crunches <input type="checkbox"/> 10 Second Plank <input type="checkbox"/> 10 Modified Pushups <input type="checkbox"/> 10 Squats	Day 9 <input type="checkbox"/> 11 Jumping Jacks <input type="checkbox"/> 11 Bicycle Crunches <input type="checkbox"/> 11 Second Plank <input type="checkbox"/> 11 Modified Pushups <input type="checkbox"/> 11 Squats	Day 10 <input type="checkbox"/> 12 Jumping Jacks <input type="checkbox"/> 12 Bicycle Crunches <input type="checkbox"/> 12 Second Plank <input type="checkbox"/> 12 Modified Pushups <input type="checkbox"/> 12 Squats	Day 11 Rest	Day 12 <input type="checkbox"/> 13 Jumping Jacks <input type="checkbox"/> 13 Bicycle Crunches <input type="checkbox"/> 13 Second Plank <input type="checkbox"/> 13 Modified Pushups <input type="checkbox"/> 13 Squats	Day 13 <input type="checkbox"/> 14 Jumping Jacks <input type="checkbox"/> 14 Bicycle Crunches <input type="checkbox"/> 14 Second Plank <input type="checkbox"/> 14 Modified Pushups <input type="checkbox"/> 14 Squats	Day 14 <input type="checkbox"/> 15 Jumping Jacks <input type="checkbox"/> 15 Bicycle Crunches <input type="checkbox"/> 15 Second Plank <input type="checkbox"/> 15 Modified Pushups <input type="checkbox"/> 15 Squats
Day 15 Rest	Day 16 <input type="checkbox"/> 16 Jumping Jacks <input type="checkbox"/> 16 Bicycle Crunches <input type="checkbox"/> 16 Second Plank <input type="checkbox"/> 16 Modified Pushups <input type="checkbox"/> 16 Squats	Day 17 <input type="checkbox"/> 17 Jumping Jacks <input type="checkbox"/> 17 Bicycle Crunches <input type="checkbox"/> 17 Second Plank <input type="checkbox"/> 17 Modified Pushups <input type="checkbox"/> 17 Squats	Day 18 <input type="checkbox"/> 18 Jumping Jacks <input type="checkbox"/> 18 Bicycle Crunches <input type="checkbox"/> 18 Second Plank <input type="checkbox"/> 18 Modified Pushups <input type="checkbox"/> 18 Squats	Day 19 Rest	Day 20 <input type="checkbox"/> 19 Jumping Jacks <input type="checkbox"/> 19 Bicycle Crunches <input type="checkbox"/> 19 Second Plank <input type="checkbox"/> 19 Modified Pushups <input type="checkbox"/> 19 Squats	Day 21 <input type="checkbox"/> 20 Jumping Jacks <input type="checkbox"/> 20 Bicycle Crunches <input type="checkbox"/> 20 Second Plank <input type="checkbox"/> 20 Modified Pushups <input type="checkbox"/> 20 Squats
Day 22 <input type="checkbox"/> 21 Jumping Jacks <input type="checkbox"/> 21 Bicycle Crunches <input type="checkbox"/> 21 Second Plank <input type="checkbox"/> 21 Modified Pushups <input type="checkbox"/> 21 Squats	Day 23 Rest	Day 24 <input type="checkbox"/> 22 Jumping Jacks <input type="checkbox"/> 22 Bicycle Crunches <input type="checkbox"/> 22 Second Plank <input type="checkbox"/> 22 Modified Pushups <input type="checkbox"/> 22 Squats	Day 25 <input type="checkbox"/> 23 Jumping Jacks <input type="checkbox"/> 23 Bicycle Crunches <input type="checkbox"/> 23 Second Plank <input type="checkbox"/> 23 Modified Pushups <input type="checkbox"/> 23 Squats	Day 26 <input type="checkbox"/> 24 Jumping Jacks <input type="checkbox"/> 24 Bicycle Crunches <input type="checkbox"/> 24 Second Plank <input type="checkbox"/> 24 Modified Pushups <input type="checkbox"/> 24 Squats	Day 27 Rest	Day 28 <input type="checkbox"/> 25 Jumping Jacks <input type="checkbox"/> 25 Bicycle Crunches <input type="checkbox"/> 25 Second Plank <input type="checkbox"/> 25 Modified Pushups <input type="checkbox"/> 25 Squats
Day 29 <input type="checkbox"/> 26 Jumping Jacks <input type="checkbox"/> 26 Bicycle Crunches <input type="checkbox"/> 26 Second Plank <input type="checkbox"/> 26 Modified Pushups <input type="checkbox"/> 26 Squats	Day 30 <input type="checkbox"/> 27 Jumping Jacks <input type="checkbox"/> 27 Bicycle Crunches <input type="checkbox"/> 27 Second Plank <input type="checkbox"/> 27 Modified Pushups <input type="checkbox"/> 27 Squats					

