

squeedlo

**30-DAY** **TOTAL BODY**

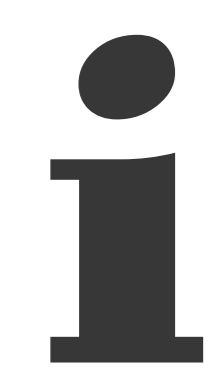
**CHALLENGE**

*No equipment*



# PLAN INTRODUCTION

Here's an unfortunate truth that no one wants to acknowledge: when it comes to exercise, there is no secret or magic elixir to a strong, healthy body. But there is something that teeters right on the line for both of those categories: the 30-day fitness challenge. We present to you the fitness challenge to increase your desire to exercise, accomplish your exercise objectives, and include movement into your daily routine.



*It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.*





# WORKOUT PLAN

<p><b>1</b> 30 seconds each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>	<p><b>2</b> 30 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>	<p><b>3</b> 30 seconds each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>	<p><b>4</b> 30 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>	<p><b>5</b></p> <p><b>REST</b></p>	<p><b>6</b> 45 seconds each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>
<p><b>7</b> 45 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>	<p><b>8</b> 45 seconds each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>	<p><b>9</b> 45 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>	<p><b>10</b></p> <p><b>REST</b></p>	<p><b>11</b> 1 minute each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>	<p><b>12</b> 1 minute each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>
<p><b>13</b> 1 minutes each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>	<p><b>14</b> 45 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>	<p><b>15</b></p> <p><b>REST</b></p>	<p><b>16</b> 75 seconds each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>	<p><b>17</b> 75 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>	<p><b>18</b> 75 seconds each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>
<p><b>19</b> 75 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>	<p><b>20</b></p> <p><b>REST</b></p>	<p><b>21</b> 90 seconds each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>	<p><b>22</b> 90 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>	<p><b>23</b> 90 seconds each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>	<p><b>24</b> 90 seconds each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>
<p><b>25</b></p> <p><b>REST</b></p>	<p><b>26</b> 2 minutes each</p> <ul style="list-style-type: none"> <li>• push ups</li> <li>• high to low plank</li> <li>• mountain climbers</li> <li>• pilates 100</li> <li>• plank</li> </ul>	<p><b>27</b> 2 minutes each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• lunges</li> <li>• hip raises</li> <li>• burpees</li> <li>• bicycle</li> </ul>	<p><b>28</b> 2 minutes each</p> <ul style="list-style-type: none"> <li>• high to low plank</li> <li>• crunches</li> <li>• pilates 100</li> <li>• bicycle</li> <li>• plank</li> </ul>	<p><b>29</b> 2 minutes each</p> <ul style="list-style-type: none"> <li>• squats</li> <li>• mountain climbers</li> <li>• push ups</li> <li>• crunches</li> <li>• burpees</li> </ul>	<p><b>30</b></p> <p><b>FINISH!</b></p>





## Squat

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible.
4. Hold for as long as possible.



## Hip Raises

1. Lie down with back on an exercise mat and arms straight out from sides. Palms facing up.
2. Place feet flat on the floor about a foot away from your buttocks (about as close to your butt as is comfortable).
3. Next, begin exercise by squeezing your glutes and raising hips until your body forms a straight line from your knees to your shoulders. Hold for at least 5 seconds, then lower back down. Repeat as necessary.



## Lunges

1. Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight.
2. Take a step forward and slowly bend both knees, until your back knee is just above the floor.
3. Stand back up and repeat the movement.
4. Alternate legs until the set is complete.



## Bicycle

1. Lie on your back, lift your shoulders off the mat and raise both legs.
2. Bring one knee and the opposing elbow close to each other by crunching to one side, and fully extend the other leg.
3. Return to the starting position and then crunch to the opposite side.
4. . Repeat until the set is complete.



## Burpees

1. Stand straight with your feet shoulder-width apart.
2. Squat and place your hands in front of your feet.
3. . Jump back until your legs are fully extended and your body is in plank position.
4. Do a pushup, jump forward, and then push through the heels to return to the starting position.
5. Repeat until the set is complete.





## Push-ups

1. With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal.
4. Repeat.



## Planks

1. Get into a pushup position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and your toes, keeping your body in a straight line.
3. Hold for as long as possible.



## High to low planks

1. Lie on your stomach with toes tucked in and palms by your shoulders.
2. Lift your entire torso off the ground.
3. Lower your entire torso into an elbow plank.
4. Return to the high plank.



## Mountain Climbers

1. Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor.
2. Bring one knee up toward the center of your stomach and then quickly alternate between legs.
3. Continue alternating until the set is complete.



## Pilates Hundred

1. Lie on your back with your knees bent and your legs parallel to the floor, lift your shoulders off the mat and extend your arms and legs.
2. Inhale for a count of 5, then exhale for a count of 5 while simultaneously pumping your arms up and down.
3. Repeat 10 times for a count of 100.





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