

Toni's 30 Day Challenge

Day/ Exercise	Squats	Lunges	Crunches	Ankle Taps	Leg Raises	Push-Ups	Plank (seconds)
DAY 1	50	10	15	20	4	2	10
DAY 2	55	12	20	25	6	4	20
DAY 3	60	14	25	30	8	6	30
DAY 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 5	70	20	30	35	12	8	30
DAY 6	75	22	40	40	14	10	40
DAY 7	80	24	45	45	16	12	50
DAY 8	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 9	100	30	60	60	20	14	50
DAY 10	105	32	65	65	24	16	60
DAY 11	110	34	70	70	26	18	70
DAY 12	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 13	130	40	80	80	30	20	70
DAY 14	135	42	85	85	34	22	80
DAY 15	140	44	90	90	38	24	90
DAY 16	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 17	150	50	100	100	40	26	90
DAY 18	155	52	110	110	44	28	100
DAY 19	160	54	120	120	48	30	110
DAY 20	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 21	180	60	130	130	50	32	110
DAY 22	185	62	140	140	54	34	120
DAY 23	190	64	150	150	58	36	130
DAY 24	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 25	220	70	160	160	60	38	140
DAY 26	225	76	170	170	65	40	150
DAY 27	230	80	180	180	70	42	160
DAY 28	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 29	240	90	190	190	75	46	170
DAY 30	250	100	200	200	80	50	180

WHEN YOU FEEL LIKE **QUITTING** THINK ABOUT WHY YOU STARTED.

IF IT DOESN'T CHALLENGE YOU IT DOESN'T CHANGE YOU

stop wishing. start doing.