

# 30 Day Early bird workout Challenge

An all-round morning session to try first thing so your day starts as you mean to go on.

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| <b>DAY 1</b> <input type="checkbox"/><br>10 jumping jacks, 10 squats                       | <b>DAY 2</b> <input type="checkbox"/><br>5-minute brisk walk before breakfast              | <b>DAY 3</b> <input type="checkbox"/><br>10 push-ups (or knee push-ups), 20-second plank  | <b>DAY 4</b> <input type="checkbox"/><br>Full-body stretch, 5 minutes                     | <b>DAY 5</b> <input type="checkbox"/><br>15 jumping jacks, 15 squats                                         |
| <b>DAY 6</b> <input type="checkbox"/><br>Rest day, just get outside for 5 minutes          | <b>DAY 7</b> <input type="checkbox"/><br>10 push-ups, 30-second plank, 10 lunges each leg  | <b>DAY 8</b> <input type="checkbox"/><br>5-minute brisk walk                              | <b>DAY 9</b> <input type="checkbox"/><br>20 jumping jacks, 20 squats                      | <b>DAY 10</b> <input type="checkbox"/><br>Full-body stretch, 5 minutes                                       |
| <b>DAY 11</b> <input type="checkbox"/><br>12 push-ups, 40-second plank, 12 lunges each leg | <b>DAY 12</b> <input type="checkbox"/><br>Rest day                                         | <b>DAY 13</b> <input type="checkbox"/><br>25 jumping jacks, 25 squats                     | <b>DAY 14</b> <input type="checkbox"/><br>8-minute walk or light jog                      | <b>DAY 15</b> <input type="checkbox"/><br>15 push-ups, 45-second plank, 15 lunges each leg                   |
| <b>DAY 16</b> <input type="checkbox"/><br>Full-body stretch, 5 minutes                     | <b>DAY 17</b> <input type="checkbox"/><br>30 jumping jacks, 30 squats                      | <b>DAY 18</b> <input type="checkbox"/><br>Rest day                                        | <b>DAY 19</b> <input type="checkbox"/><br>15 push-ups, 1-minute plank, 15 lunges each leg | <b>DAY 20</b> <input type="checkbox"/><br>10-minute walk or light jog                                        |
| <b>DAY 21</b> <input type="checkbox"/><br>35 jumping jacks, 35 squats                      | <b>DAY 22</b> <input type="checkbox"/><br>Full-body stretch, 5 minutes                     | <b>DAY 23</b> <input type="checkbox"/><br>18 push-ups, 1-minute plank, 18 lunges each leg | <b>DAY 24</b> <input type="checkbox"/><br>Rest day                                        | <b>DAY 25</b> <input type="checkbox"/><br>40 jumping jacks, 40 squats                                        |
| <b>DAY 26</b> <input type="checkbox"/><br>10-minute walk or light jog                      | <b>DAY 27</b> <input type="checkbox"/><br>20 push-ups, 90-second plank, 20 lunges each leg | <b>DAY 28</b> <input type="checkbox"/><br>Full-body stretch, 5 minutes                    | <b>DAY 29</b> <input type="checkbox"/><br>Rest day                                        | <b>DAY 30</b> <input type="checkbox"/><br>Do your favourite combo from the month, and time how long it takes |

Started on: \_\_\_\_\_ Tick off each day as you go . more free challenges at [arloriverrex.com/30-day-challenges](http://arloriverrex.com/30-day-challenges)