

30 Day Fitness Challenge

A back-to-basics fitness challenge for whichever areas you want to work on.

DAY 1 ☐ Full-body warm-up and 10 minutes light cardio	DAY 2 ☐ Focus area 1, light session	DAY 3 ☐ Focus area 2, light session	DAY 4 ☐ Rest or gentle stretch	DAY 5 ☐ Full-body warm-up and 12 minutes light cardio
DAY 6 ☐ Focus area 1, light session	DAY 7 ☐ Focus area 2, light session	DAY 8 ☐ Rest or gentle stretch	DAY 9 ☐ Full-body warm-up and 15 minutes light cardio	DAY 10 ☐ Focus area 1, medium session
DAY 11 ☐ Focus area 2, medium session	DAY 12 ☐ Rest or gentle stretch	DAY 13 ☐ Full-body warm-up and 15 minutes light cardio	DAY 14 ☐ Focus area 1, medium session	DAY 15 ☐ Focus area 2, medium session
DAY 16 ☐ Rest or gentle stretch	DAY 17 ☐ Full-body warm-up and 18 minutes light cardio	DAY 18 ☐ Focus area 1, medium session	DAY 19 ☐ Focus area 2, medium session	DAY 20 ☐ Rest or gentle stretch
DAY 21 ☐ Full-body warm-up and 20 minutes light cardio	DAY 22 ☐ Focus area 1, harder session	DAY 23 ☐ Focus area 2, harder session	DAY 24 ☐ Rest or gentle stretch	DAY 25 ☐ Full-body warm-up and 20 minutes light cardio
DAY 26 ☐ Focus area 1, harder session	DAY 27 ☐ Focus area 2, harder session	DAY 28 ☐ Rest or gentle stretch	DAY 29 ☐ Full-body warm-up and 20 minutes light cardio	DAY 30 ☐ Pick your favourite session from the month and repeat it

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges