



30 Days Back & Leg Challenge
Weeks 1 | 2 | 3 | 4

Workout Plan

Squats Sumo Squat Toe Tip Bridge01	Forward Lunges Sumo Squats Contralat. Limbs Raise02	PAUSE  03	Squat Jumps Ice Skaters Super(woman)04
Side Lunges Heisman Shuffle High Squat Toe Tip05	PAUSE  06	Wide Jumps Narrow Squat Back Kick Limbs Raise07	Every Exercise 20 Sek. (easy) or 40 Sek. (medium) or 60 Sek. (hard) and 3 sets

SQUAT

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.

SUMO SQUAT TOE TIP

Start from a wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. After going up, push yourself further up on your toes.

BRIDGE

Lie on your back and push your body up so that it forms a straight line. Keep this position and the body tension for the time. Use your arms to stabilize and pay attention that your hip doesn't dip down.

FORWARD LUNGES

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground. Pay attention to a straight back and change sides after each repetition.

SUMO SQUATS

Start from a wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. Your legs should be bent 90°, if too hard, take a higher squat position.

CONTRALATERAL LIMBS RAISES

Alternately lift one arm and the opposite leg at the same time while also lifting your upper body a bit, looking downwards. Proper execution before speed.

SQUAT JUMPS

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. Jump when going up and catch the jump slowly while taking a squat position.

ICE SKATERS

Start from a shoulder wide stance and alternately do a wide side step back while not moving your front foot.

SUPER(WO)MAN

Lie on your stomach and lift your arms and legs slowly. Hold this position for the time and do not raise your limbs too high.

SIDE LUNGES

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.

HEISMAN SHUFFLES

Start from a 90° squat position and seesaw from one leg to the other. If too hard, take a higher squat position. Pay attention to a straight back.

HIGH SQUATS TOE TIP

Start from a high squat position and keep it throughout the exercise. Push yourself repeatedly up with your toes for the whole time.

WIDE JUMPS

Do a forward jump and land pay attention to a controlled landing. If you don't have enough space, jump upwards and try to bring your knees as high as possible.

NARROW SQUATS KICK BACK

Your knees touch each other for the narrow squat. When going up, kick back with one leg alternately and try to reach your butt. Pay attention to a straight back.


LIMBS RAISES

Lie on your back and keep your hands to your head's side. Lift up your upper body and release it again. Repeat these movements and pay attention to not go too high.

Workout Plan


Wall Sit Ice Skaters 1 Leg Bridge	Squats Chair Step Ups Bird Dog	REST DAY	Lunge Knee Lifts Heisman Shuffle Fire Hydrant
08	09	10	11
Deep Squats Side Lunge Ankle Tap	Diamond Crunches Russian Twists Squat w/ Arm Shuffle	1 Leg Wall Sit Sumo Squat Toe Tip Superman Leg Shuffle	Every Exercise 20 Sek. (easy) or 40 Sek. (medium) or 60 Sek. (hard) and 3 sets
12	13	14	

WALL SIT




Sit against a wall so that your legs build a 90° angle. Hold this position and let your arms hang down. If too difficult, put your hands on your thighs as support or go a bit up to increase the angle of your legs.

ICE SKATERS




Start from a shoulder wide stance and alternately do a wide sidestep back while not moving your front foot.

1 LEG BRIDGE




Push your hip up and outstretch one leg. Keep this position half the time and change legs afterwards. Place your arms next to your upper body for stabilization and pay attention that your hip does not dip down. If too difficult, keep both legs on the ground.

SQUATS



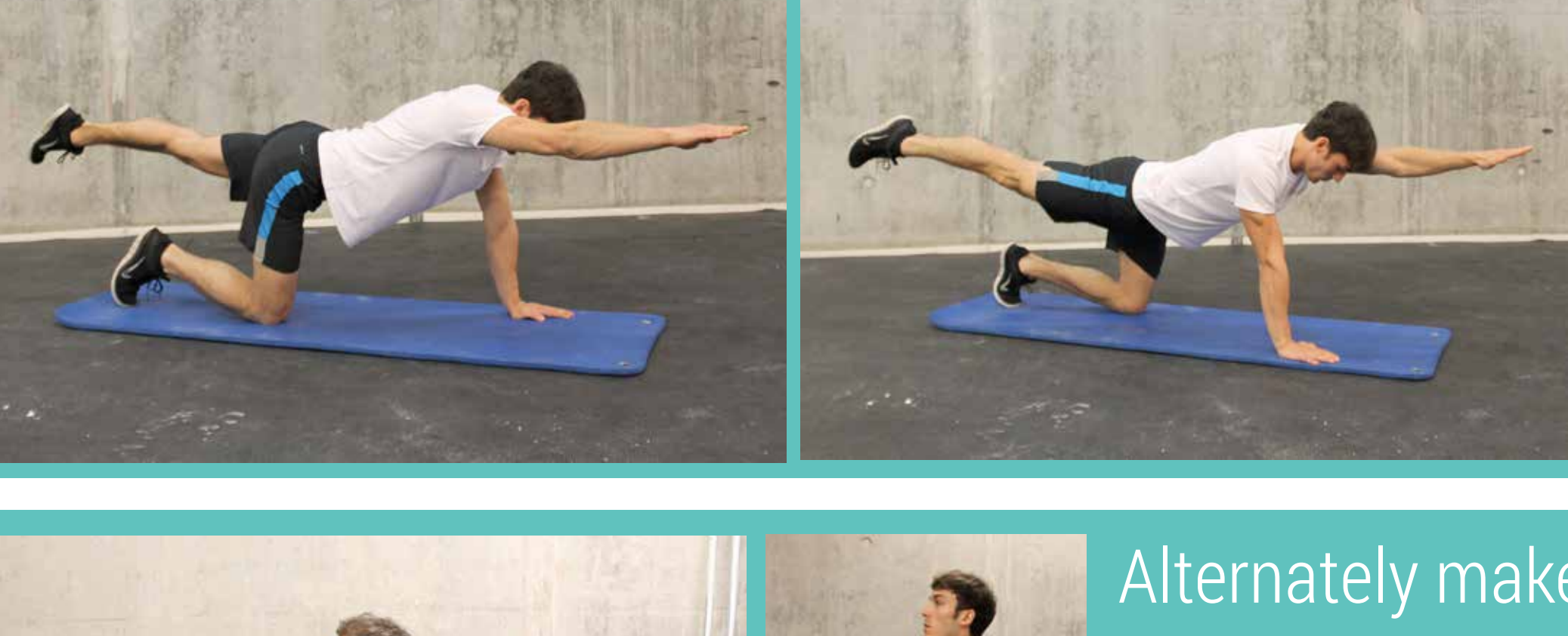
Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.

CHAIR STEP UPS




Grab a chair for this exercise. Stand in front of the chair and alternately step on it with your right and left leg. Pay attention that you place your whole foot on the chair when pushing yourself up and to fully extend your legs before going down.

BIRD DOG



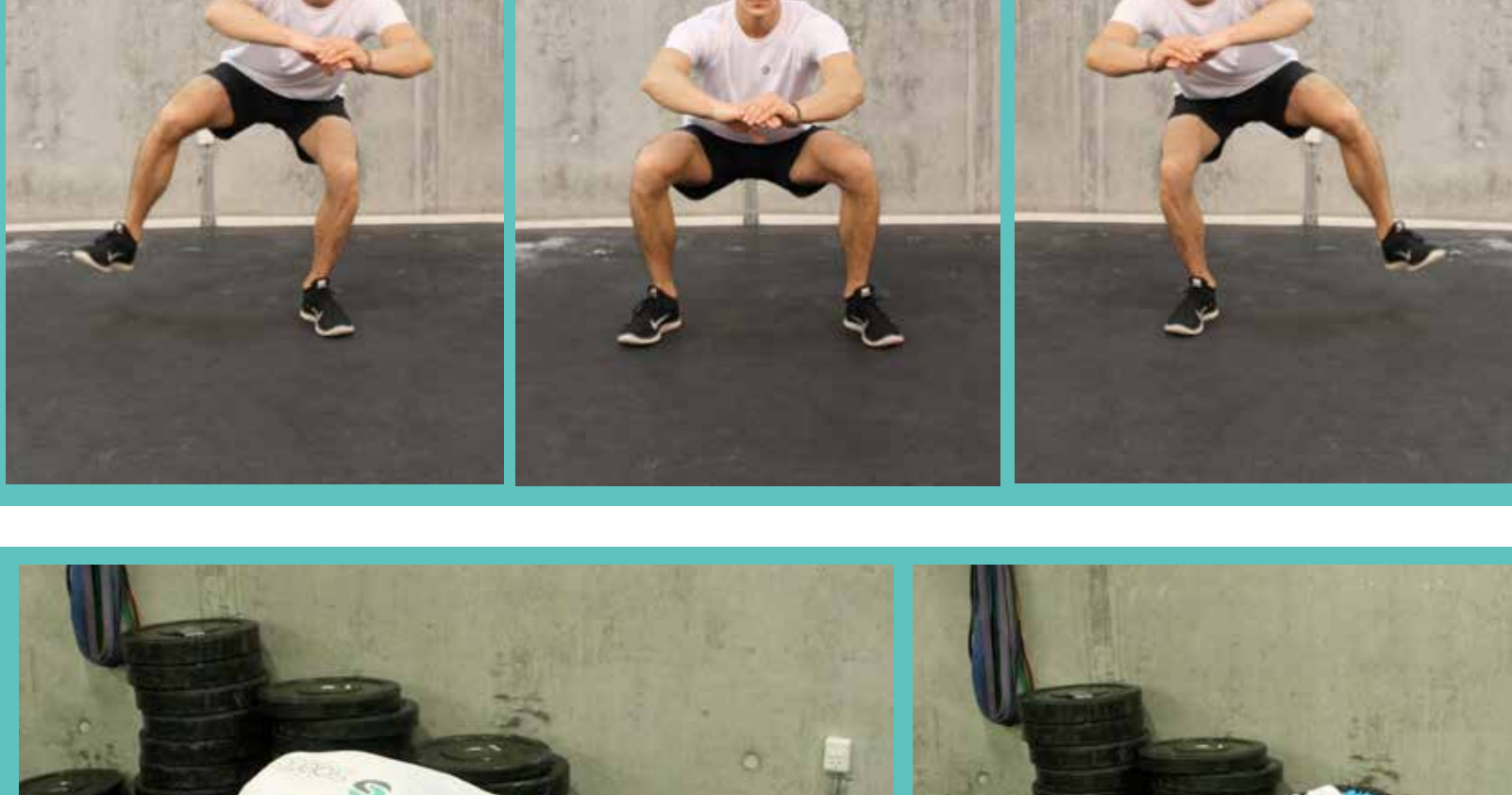
Start on your knees and arms and diagonally lift one arm and leg so that they form a straight line with your body. Switch sides after half of the time.

LUNGE KNEE LIFTS




Alternately make a wide step forward with your right and left leg so that your front knee is above the center of your foot and your back knee touches the ground. When going up again, lift your front knee up and keep it close to your body.

HEISMAN SHUFFLES




Start from a 90° squat position and seesaw from one leg to the other. If too hard, take a higher squat position. Pay attention to a straight back. If too hard, take a higher squat position.

FIRE HYDRANT




Start on your knees and hands and lift your bent leg sideways, like a dog peeing on a fire hydrant. Pay attention to a straight back and change sides after halftime.

DEEP SQUATS



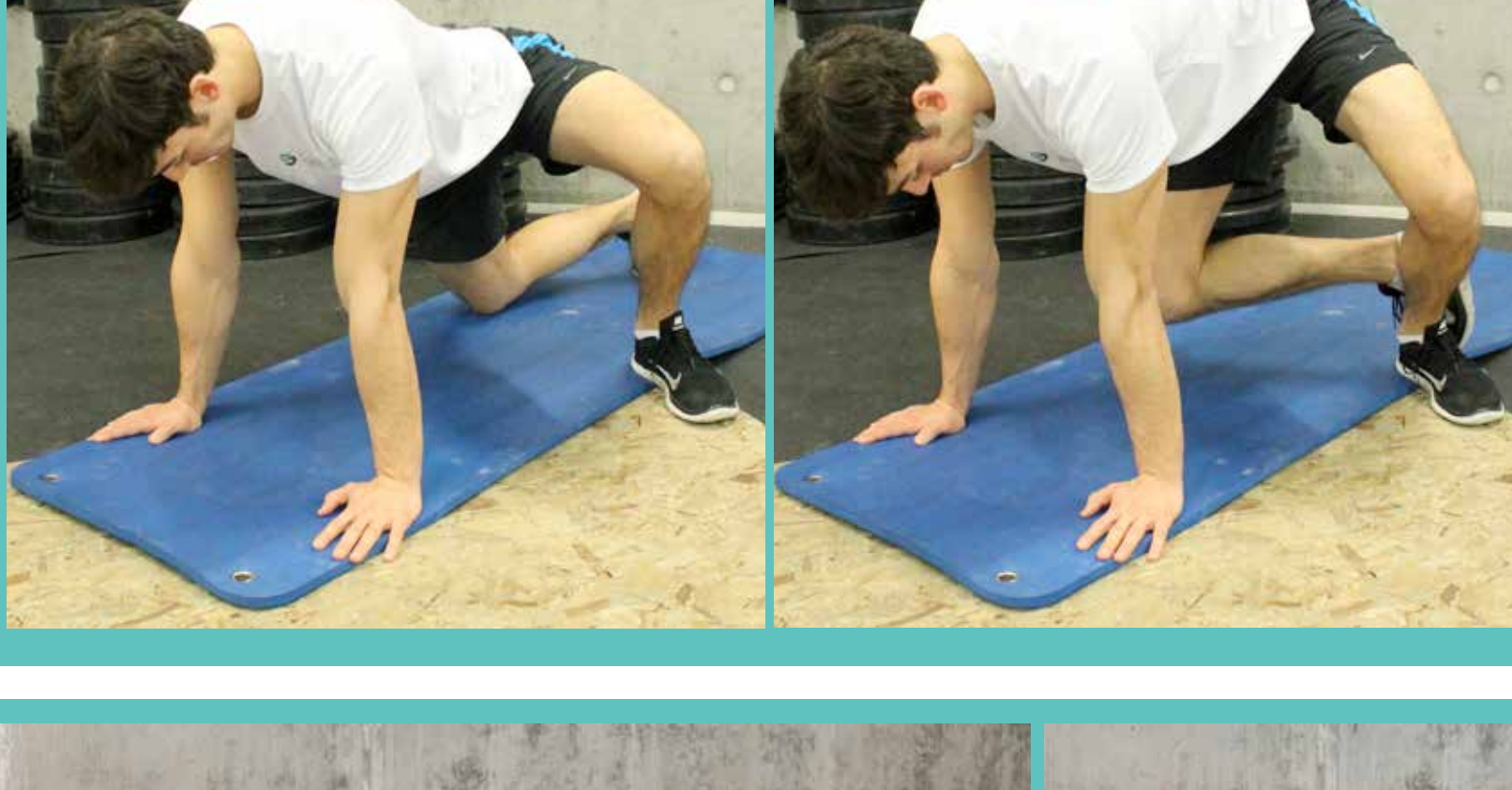
Similar to normal squats but all the way down. Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.

SIDE LUNGES




Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.

ANKLE TAP



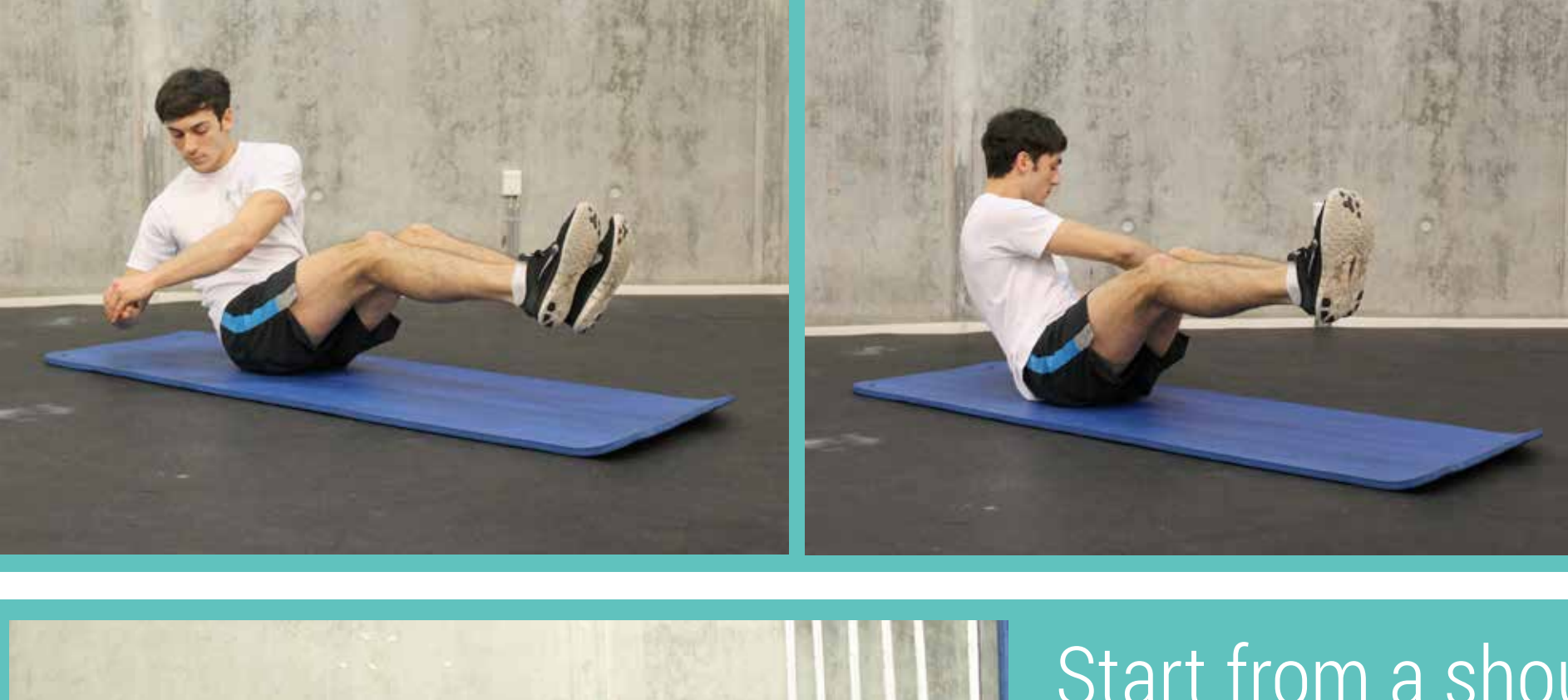
Start on your hands and knees and plant your right foot on the ground slightly pointing outwards, halfway between your hip and shoulder. Lift your left knee and touch the the inside of your left ankle to your right calf. Switch sides after halftime.

DIAMOND CRUNCHES




Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.

RUSSIAN TWISTS




Twist your upper body from one side to another while holding your legs up still. You can grab some extra weight if it's too easy.

SQUATS w/ ARM SHUFFLE




Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. Hold this position while shuffling up and down with your arms.

1 LEG WALL SIT




Sit against a wall so that your legs form a 90° angle. Now lift one leg up and hold this position for half of the time. If too difficult, go a bit up to increase the angle of your leg.

SUMO SQUAT TOE TIP



Start from a wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. After going up, push yourself further up on your toes.

SUPER(WO)MAN LEG SHUFFLE




Lie on your stomach and touch the sides of your head with your bent arms. Now shuffle your legs up and down, keep your head low and your body tension up. If too hard, you may do a normal Super(woman) instead.

Workout Plan

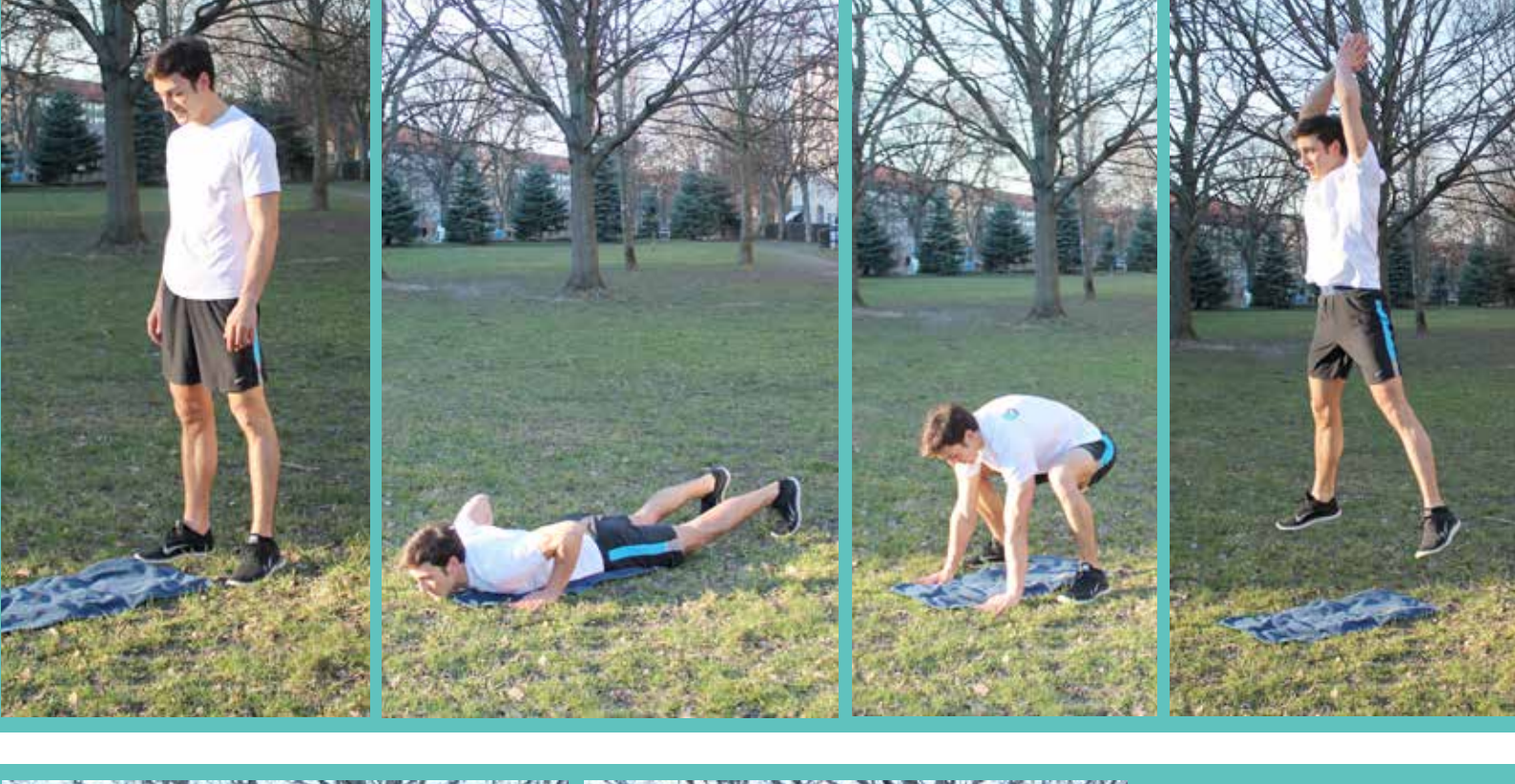
Squat Jumps Burpees 1 Leg Bridge Abduction 15	REST DAY 16	Jumping Jacks Side Lunges Knee Raise Elevated Mountain Climbers 17	Narrow Squats Plow Squats Superman Arm Shuffle 18
180° Jumps Elevated Lunges 1 Leg Hips Lift Bridge 19	Plank Bicycle Pushup Row 20	Low Jacks Cliff Climber Swim 21	Every Exercise 20 Sek. (easy) or 40 Sek. (medium) or 60 Sek. (hard) and 3 sets

SQUAT JUMPS




Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. Jump when going up and catch the jump slowly while taking a squat position.

BURPEES




Start from a standing position and quickly perform a pushup so that your chest touches the ground. Push yourself up into a squat position, then jump and clap your hands above your head. If too difficult, leave out the downward movement of the pushup.

1 LEG BRIDGE ABDUCTION




Lay on your back and push your body up with one leg, while the other one is outstretched. Move the outstretched leg as far to your side as possible. Pay attention to a straight back. If too difficult, just hold your leg without movements. Change sides after halftime.

JUMPING JACKS



Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.

SIDE LUNGES KNEE RAISE




Do a wide sidestep so that your weight is on your heels. When going back to the starting position, raise your knee as high as possible and close to your chest. Change sides after each repetition.

ELEVATED MOUNTAIN CLIMBER




Look for something elevated and take a pushups position with elevated legs. Then alternately pull each knee close to your chest. Pay attention to a straight back.

NARROW SQUATS



Your knees touch each other for the narrow squat. Pay attention to a straight back and keep your weight on the heels.

PLOW SQUATS



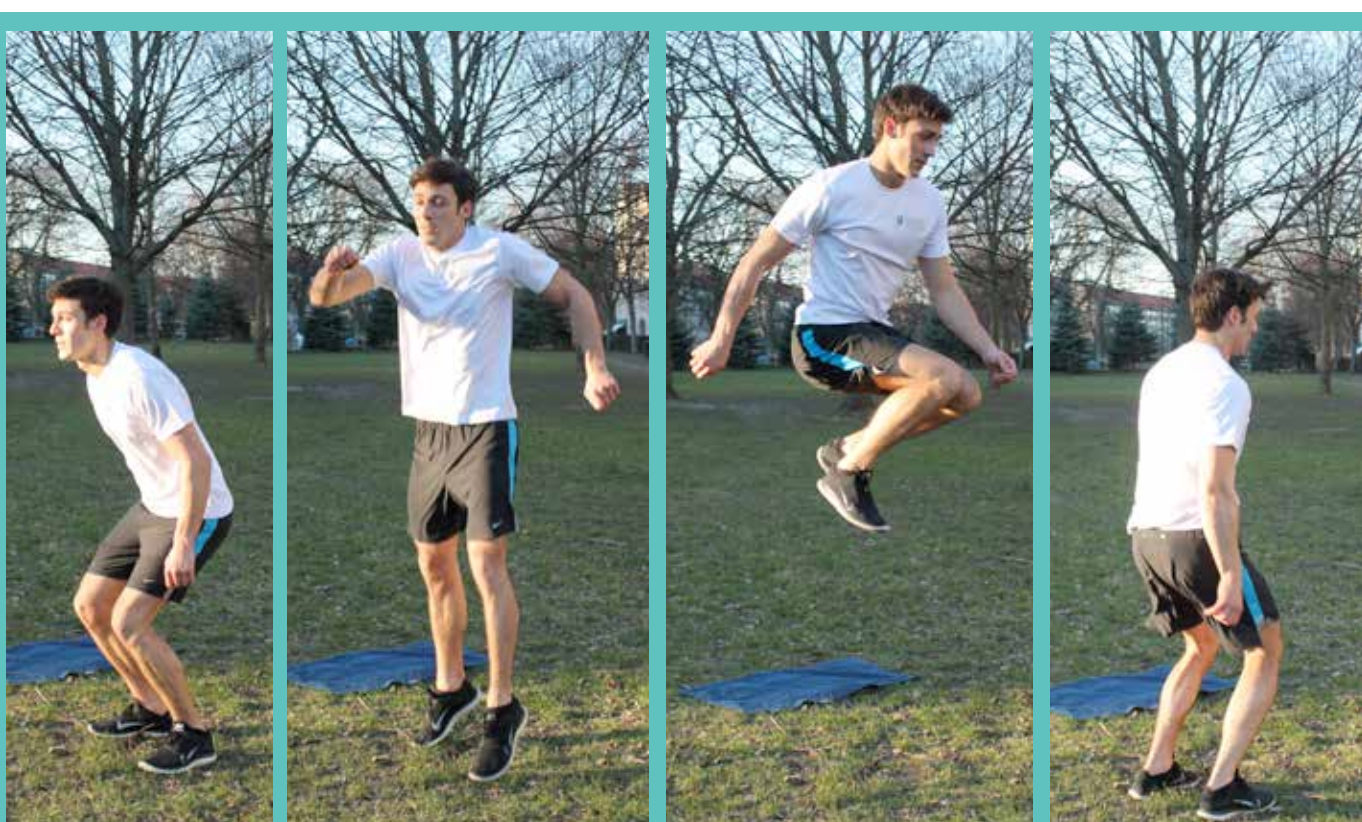
Start from a sitting position and roll backwards so that your feet touch the ground. then use momentum and roll forward to stand up. Do a Squat and take the sitting position again and repeat the exercise.

SUPERMAN w/ ARM SHUFFLE



Lie on your belly and outstretch arms and legs. Lift them a bit up and start shuffling your arms up and down. If this is too hard just hold the Superman position.

180° JUMPS




Bend your knees slightly and do a 180° jump. The turning of your body should happen while in the air. Change sides after each repetition.

ELEVATED LUNGES




Search for something elevated and place your foot like shown in the picture. Then do a step forwards and perform a lunge. Go up and down with a straight back until half the time and change sides.

1 LEG HIPS LIFT BRIDGE




Lay on your back and push yourself up with one leg while your back is straight. Hold this position for half the time and change sides.

PLANK



Take the position shown in the picture and pay attention that your upper arm is completely vertical and that your back is straight. Don't let your hip dip down and hold this position for the whole time.

BICYCLE




Do cycling movements and touch your knees with your elbow diagonally. Don't let your feet touch the ground.

PUSHUP ROW




Start from a pushup position and alternately pull one arm up, close to your body. Keep your back straight.

LOW JACKS



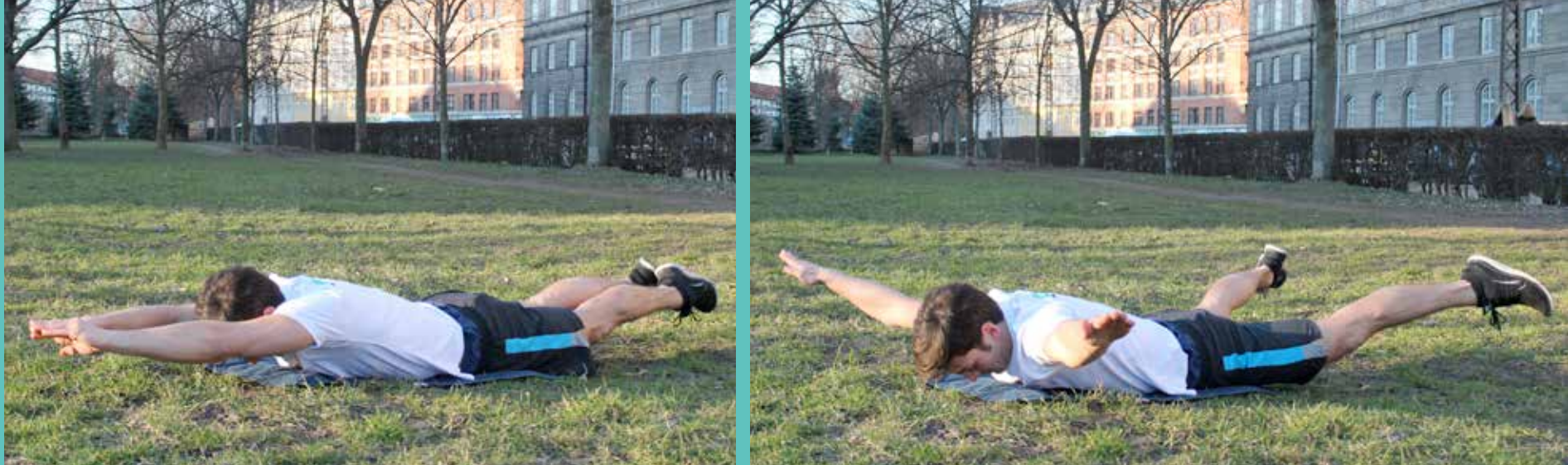
Start from a squat position and jump from narrow to wide stance. Pay attention to keep your weight on your heels. If the exercise is too difficult, take a higher squat position.

CLIFF CLIMBER





Start from a pushup position and do a slight jump to bring both legs under your chest, between your arms. Return to a pushup position by jumping back and start over.


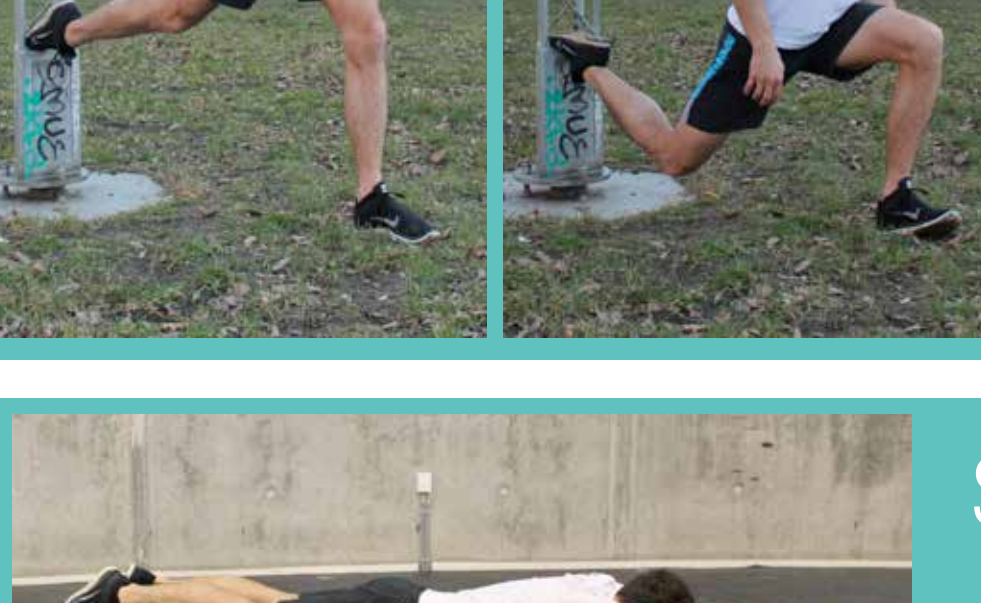
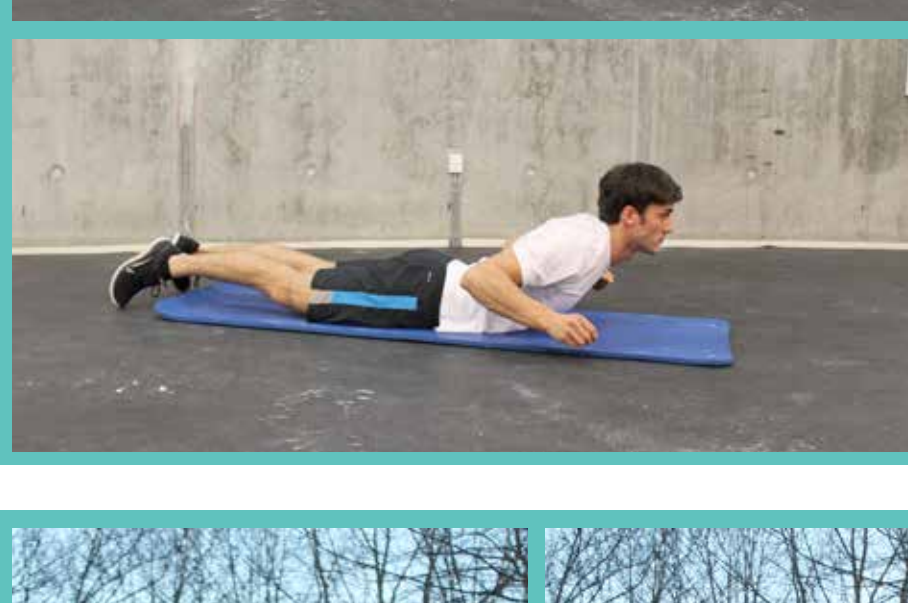



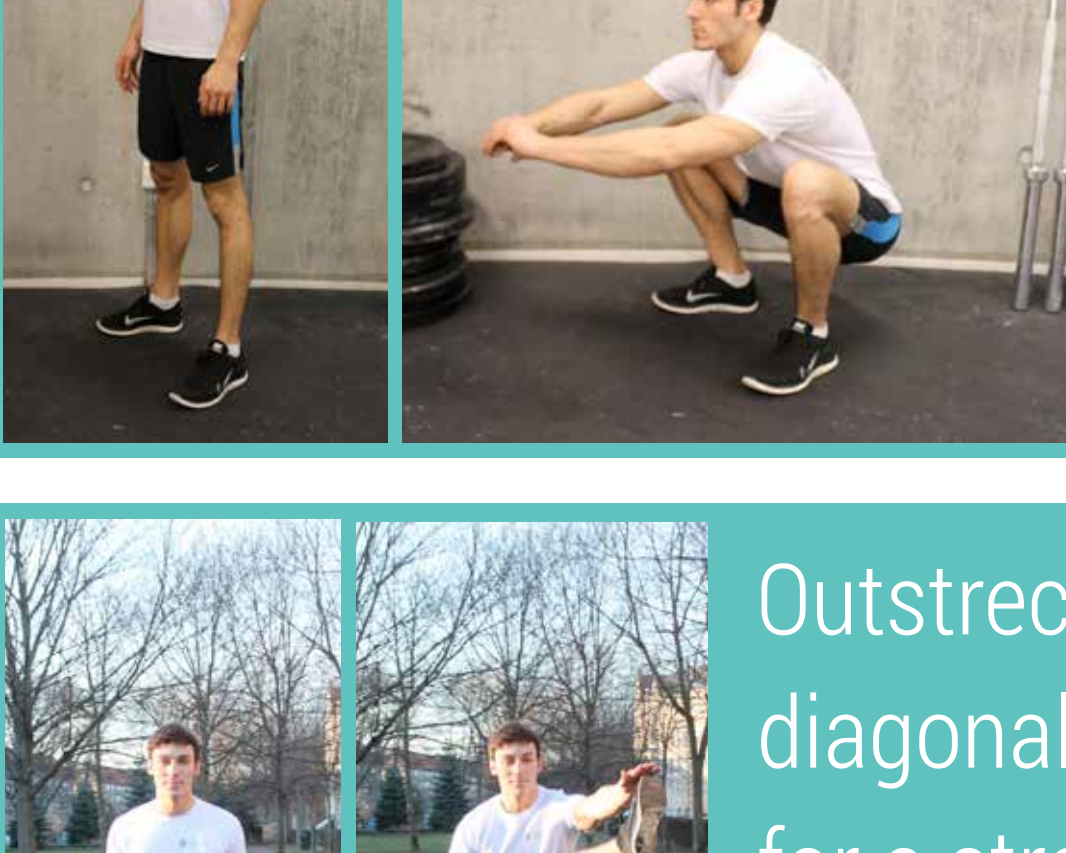
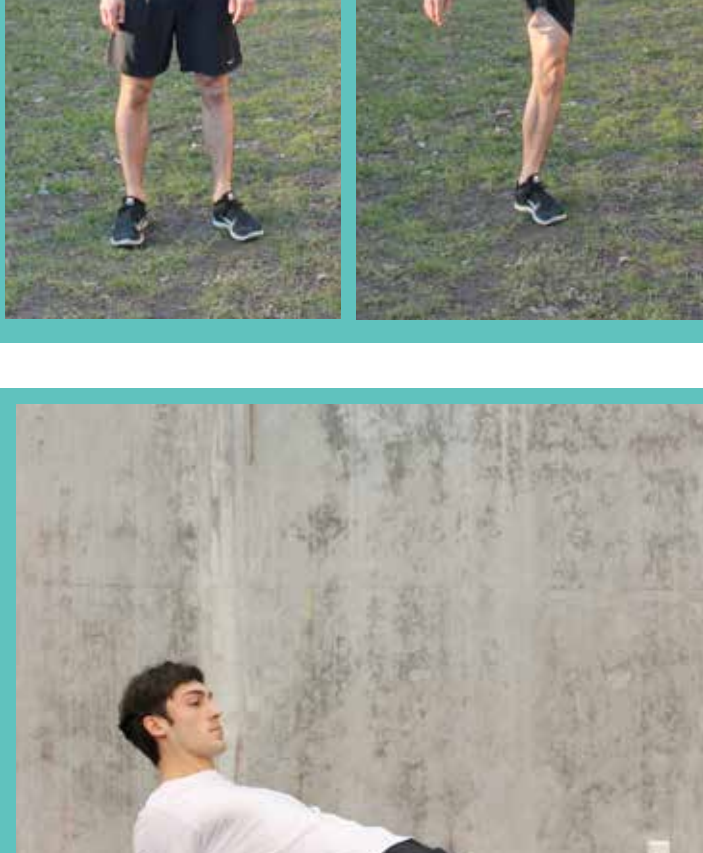




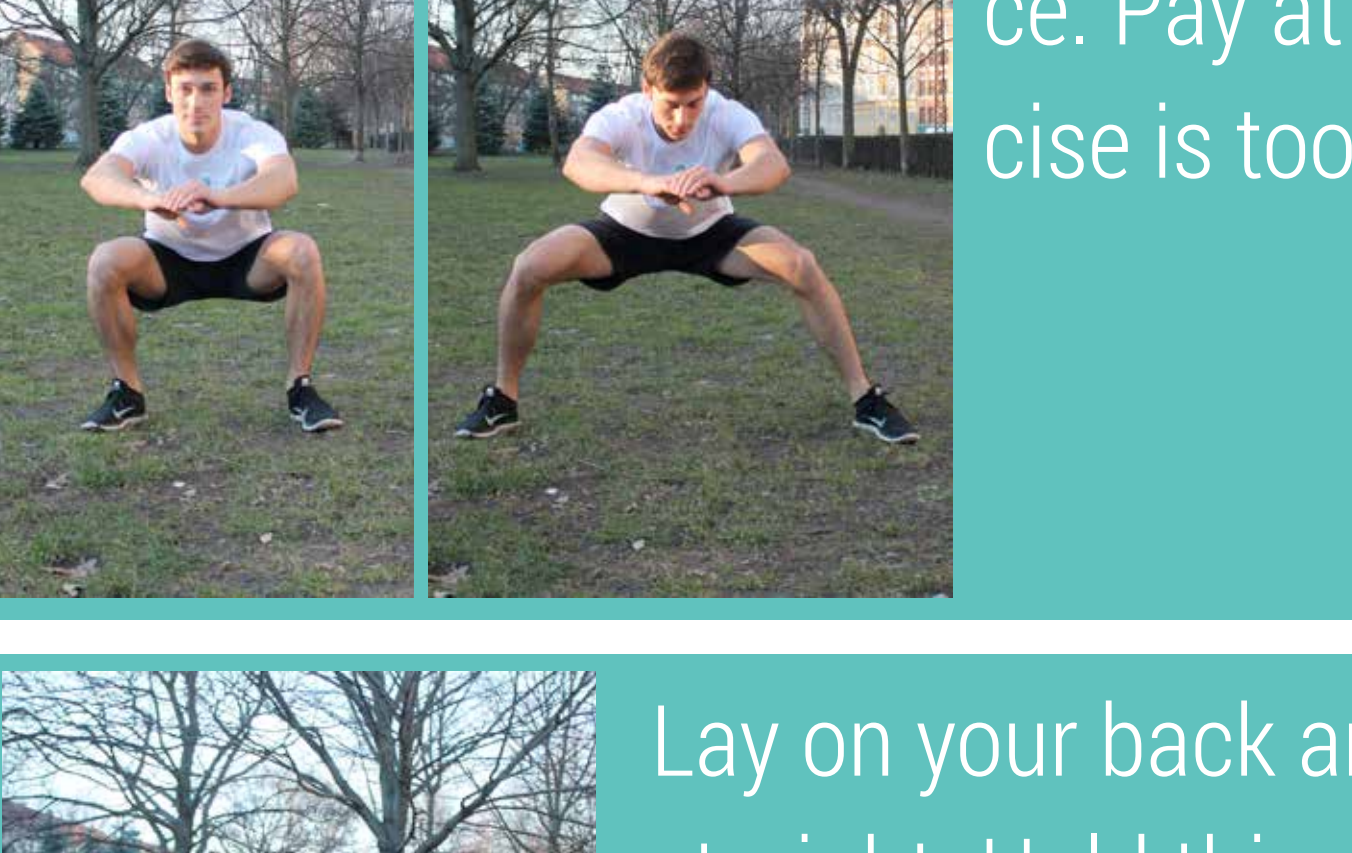
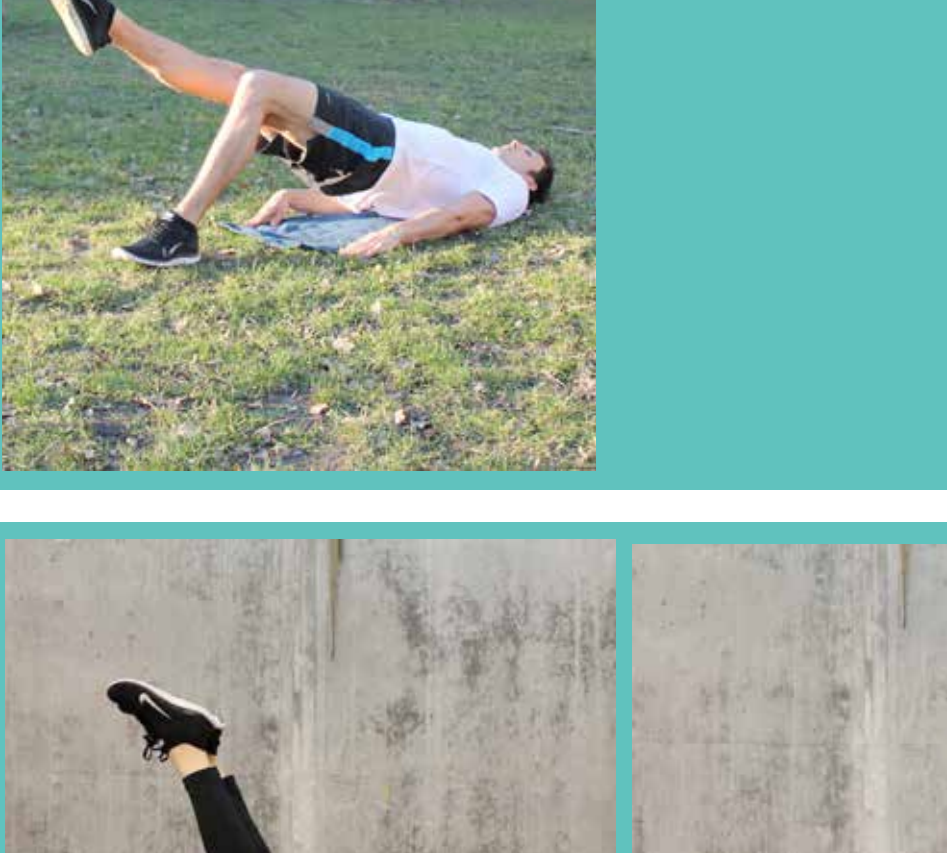








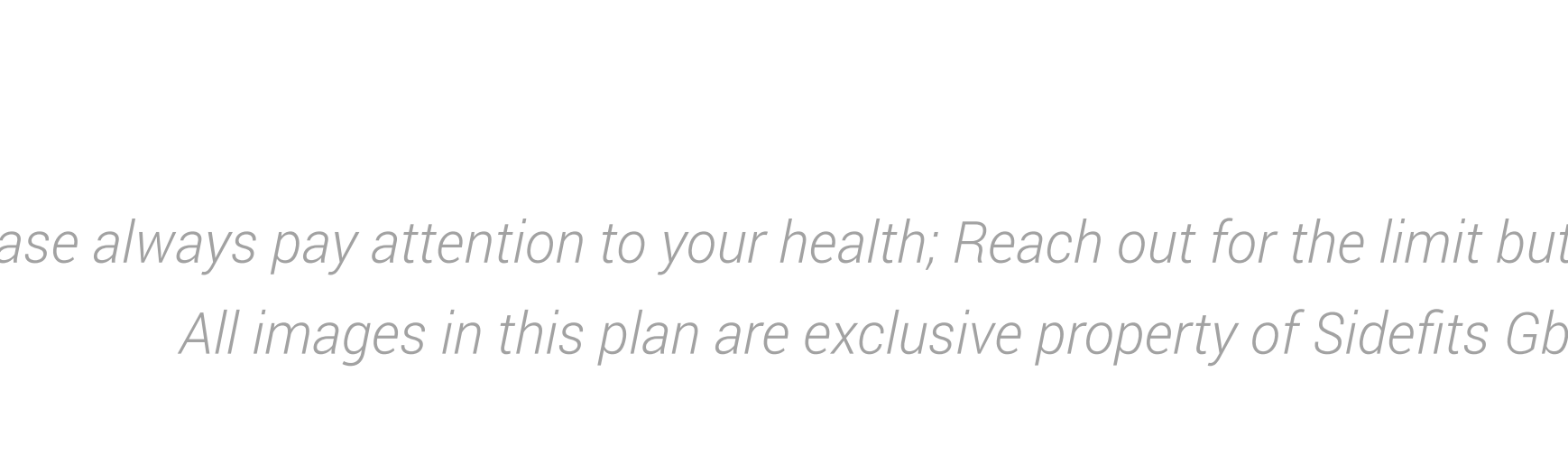
SWIM



Start from a superman position and outstretch arms and legs and return to the superman.

Workout Plan

Dynamic Step Ups Elevated Lunges Back Rows 22	Quibber Leg Raises Elevated Mountain Cl. 23	REST DAY 24	Deep Squats High Kicks Reverse Pushup Hold 25
Lunge Knee Lift Jump Sumo Toe Tip Pushup Row 26	180° Jump Low Jacks 1 Leg Hips Lift Bridge 27	Hips Raise Crunches Runners Crunches Cobra Knee Tuck 28	Deep Side Steps Burpees Fire Hydrant 29
Tuck Jumps Lunge Jumps Limbs Wiper 30	You did it! Be proud of yourself! Thanks for your participation! We appreciate your like on facebook!  		Every Exercise 20 Sek. (easy) or 40 Sek. (medium) or 60 Sek. (hard) and 3 sets

DYNAMIC STEP UPS		Look for an elevation and foot on the edge while you change sides through jumping.
ELEVATED LUNGES		Look for an elevation for this exercise. Do a wide step to the front and keep your knee behind the tip of your foot. Then go up and down while keeping the back straight. Change sides after halftime.
BACK ROWS		Start from a Superman position and then pull back your elbows while keeping them close to your body.
QUIBBER		Take a deep squat position and go up and down on your toes.
LEG RAISES		Don't fall into a hollow back and keep your legs straight. Don't let them touch the ground when going down.
ELEVATED MOUNTAIN CLIMBERS		Look for an elevation for this exercise. Start in a pushup position and alternately pull one leg close to your body towards your chest.
DEEP SQUATS		Similar to normal squats but all the way down. Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.
HIGH KICKS		Outstretch one arm to the front and try to kick your palm with your diagonal leg. Keep your leg fully outstretched all the time and watch for a straight back.
REVERSE PUSHUP HOLD		This exercise is static - you don't do movements. Try to keep the body tension while keeping your back straight. It is mainly working on your arms, shoulders and back.
LUNGE KNEE LIFT JUMP		Do a wide step to the front so that your knee touches the ground. Your front knee stays behind the toes. Jump up explosively and pull your leg closely to your body up to your chest.
SUMO SQUATS TOE TIP		Start from a wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. After going up, push yourself further up on your toes.
PUSHUP ROW		Start from a pushup position and alternately lift one arm from the ground and pull it up. Keep your elbow close to your body.
180° JUMPS		Bend your knees slightly and do a 180° jump. The turning of your body should happen while in the air. Change sides after each repetition.
LOW JACKS		Start from a squat position and jump from narrow to wide stance. Pay attention to keep your weight on your heels. If the exercise is too difficult, take a higher squat position.
1 LEG HIPS LIFT BRIDGE		Lay on your back and push yourself up with one leg while your back is straight. Hold this position for half the time and change sides.
HIPS RAISE CRUNCHES		Lay on your back and place your arms on the side to stabilize yourself. Lift your legs, butt and lower legs straight up und come down again. Repeat those movements over the time.
RUNNERS CRUNCHES		This exercise is dynamic. Try to touch the opposite leg with your elbow.
COBRA KNEE TUCK		Don't overdo it with speed on this one. Keep your back and abs under tension throughout the whole exercise. Switch sides after halftime.
DEEP SIDE STEP		Start from a deep squat position and do 6 sidesteps and rest for some seconds afterwards. Continue with the other side and take a short break after 6 reps as well.
BURPEES		Start from a standing position and quickly perform a pushup so that your chest touches the ground. Push yourself up into a squat position, then jump and clap your hands above your head. If too difficult, leave out the downward movement of the pushup.
FIRE HYDRANT		Start on your knees and hands and lift your bent leg sideways, like a dog peeing on a fire hydrant. Pay attention to a straight back and change sides after halftime.
TUCK JUMPS		Take a squat position and explosively jump up while pulling your knees to your chest. Land softly on your toes and go into a squat position again and repeat the exercise.
LUNGE JUMPS		Do a lunge and explosively jump up, change feet while in the air and land in a lunge position.
LIMBS WIPER		Lift your arms und legs and move yor up-per body from side to side.