

# 30 DAY



## Beginner Workout Challenge

<b>Day 1</b>  <input type="checkbox"/> 5 Jumping Jacks <input type="checkbox"/> 5 Bicycle Crunches <input type="checkbox"/> 5 Second Plank <input type="checkbox"/> 5 Modified Pushups <input type="checkbox"/> 5 Squats	<b>Day 2</b>  <input type="checkbox"/> 6 Jumping Jacks <input type="checkbox"/> 6 Bicycle Crunches <input type="checkbox"/> 6 Second Plank <input type="checkbox"/> 6 Modified Pushups <input type="checkbox"/> 6 Squats	<b>Day 3</b>  Rest	<b>Day 4</b>  <input type="checkbox"/> 7 Jumping Jacks <input type="checkbox"/> 7 Bicycle Crunches <input type="checkbox"/> 7 Second Plank <input type="checkbox"/> 7 Modified Pushups <input type="checkbox"/> 7 Squats	<b>Day 5</b>  <input type="checkbox"/> 8 Jumping Jacks <input type="checkbox"/> 8 Bicycle Crunches <input type="checkbox"/> 8 Second Plank <input type="checkbox"/> 8 Modified Pushups <input type="checkbox"/> 8 Squats	<b>Day 6</b>  <input type="checkbox"/> 9 Jumping Jacks <input type="checkbox"/> 9 Bicycle Crunches <input type="checkbox"/> 9 Second Plank <input type="checkbox"/> 9 Modified Pushups <input type="checkbox"/> 9 Squats	<b>Day 7</b>  Rest
<b>Day 8</b>  <input type="checkbox"/> 10 Jumping Jacks <input type="checkbox"/> 10 Bicycle Crunches <input type="checkbox"/> 10 Second Plank <input type="checkbox"/> 10 Modified Pushups <input type="checkbox"/> 10 Squats	<b>Day 9</b>  <input type="checkbox"/> 11 Jumping Jacks <input type="checkbox"/> 11 Bicycle Crunches <input type="checkbox"/> 11 Second Plank <input type="checkbox"/> 11 Modified Pushups <input type="checkbox"/> 11 Squats	<b>Day 10</b>  <input type="checkbox"/> 12 Jumping Jacks <input type="checkbox"/> 12 Bicycle Crunches <input type="checkbox"/> 12 Second Plank <input type="checkbox"/> 12 Modified Pushups <input type="checkbox"/> 12 Squats	<b>Day 11</b>  Rest	<b>Day 12</b>  <input type="checkbox"/> 13 Jumping Jacks <input type="checkbox"/> 13 Bicycle Crunches <input type="checkbox"/> 13 Second Plank <input type="checkbox"/> 13 Modified Pushups <input type="checkbox"/> 13 Squats	<b>Day 13</b>  <input type="checkbox"/> 14 Jumping Jacks <input type="checkbox"/> 14 Bicycle Crunches <input type="checkbox"/> 14 Second Plank <input type="checkbox"/> 14 Modified Pushups <input type="checkbox"/> 14 Squats	<b>Day 14</b>  <input type="checkbox"/> 15 Jumping Jacks <input type="checkbox"/> 15 Bicycle Crunches <input type="checkbox"/> 15 Second Plank <input type="checkbox"/> 15 Modified Pushups <input type="checkbox"/> 15 Squats
<b>Day 15</b>  Rest	<b>Day 16</b>  <input type="checkbox"/> 16 Jumping Jacks <input type="checkbox"/> 16 Bicycle Crunches <input type="checkbox"/> 16 Second Plank <input type="checkbox"/> 16 Modified Pushups <input type="checkbox"/> 16 Squats	<b>Day 17</b>  <input type="checkbox"/> 17 Jumping Jacks <input type="checkbox"/> 17 Bicycle Crunches <input type="checkbox"/> 17 Second Plank <input type="checkbox"/> 17 Modified Pushups <input type="checkbox"/> 17 Squats	<b>Day 18</b>  <input type="checkbox"/> 18 Jumping Jacks <input type="checkbox"/> 18 Bicycle Crunches <input type="checkbox"/> 18 Second Plank <input type="checkbox"/> 18 Modified Pushups <input type="checkbox"/> 18 Squats	<b>Day 19</b>  Rest	<b>Day 20</b>  <input type="checkbox"/> 19 Jumping Jacks <input type="checkbox"/> 19 Bicycle Crunches <input type="checkbox"/> 19 Second Plank <input type="checkbox"/> 19 Modified Pushups <input type="checkbox"/> 19 Squats	<b>Day 21</b>  <input type="checkbox"/> 20 Jumping Jacks <input type="checkbox"/> 20 Bicycle Crunches <input type="checkbox"/> 20 Second Plank <input type="checkbox"/> 20 Modified Pushups <input type="checkbox"/> 20 Squats
<b>Day 22</b>  <input type="checkbox"/> 21 Jumping Jacks <input type="checkbox"/> 21 Bicycle Crunches <input type="checkbox"/> 21 Second Plank <input type="checkbox"/> 21 Modified Pushups <input type="checkbox"/> 21 Squats	<b>Day 23</b>  Rest	<b>Day 24</b>  <input type="checkbox"/> 22 Jumping Jacks <input type="checkbox"/> 22 Bicycle Crunches <input type="checkbox"/> 22 Second Plank <input type="checkbox"/> 22 Modified Pushups <input type="checkbox"/> 22 Squats	<b>Day 25</b>  <input type="checkbox"/> 23 Jumping Jacks <input type="checkbox"/> 23 Bicycle Crunches <input type="checkbox"/> 23 Second Plank <input type="checkbox"/> 23 Modified Pushups <input type="checkbox"/> 23 Squats	<b>Day 26</b>  <input type="checkbox"/> 24 Jumping Jacks <input type="checkbox"/> 24 Bicycle Crunches <input type="checkbox"/> 24 Second Plank <input type="checkbox"/> 24 Modified Pushups <input type="checkbox"/> 24 Squats	<b>Day 27</b>  Rest	<b>Day 28</b>  <input type="checkbox"/> 25 Jumping Jacks <input type="checkbox"/> 25 Bicycle Crunches <input type="checkbox"/> 25 Second Plank <input type="checkbox"/> 25 Modified Pushups <input type="checkbox"/> 25 Squats
<b>Day 29</b>  <input type="checkbox"/> 26 Jumping Jacks <input type="checkbox"/> 26 Bicycle Crunches <input type="checkbox"/> 26 Second Plank <input type="checkbox"/> 26 Modified Pushups <input type="checkbox"/> 26 Squats	<b>Day 30</b>  <input type="checkbox"/> 27 Jumping Jacks <input type="checkbox"/> 27 Bicycle Crunches <input type="checkbox"/> 27 Second Plank <input type="checkbox"/> 27 Modified Pushups <input type="checkbox"/> 27 Squats					

