

30 Day Summer Body Challenge

EMMAANDROSE.COM

Goal: _____

Reward for Finishing: _____

| Day | Planks | Squats | Lunges | Done |
|-----|----------|----------|----------|--------------------------|
| 1 | 10 sec | 25 | 20 | <input type="checkbox"/> |
| 2 | 15 sec | 30 | 30 | <input type="checkbox"/> |
| 3 | 20 sec | 35 | 40 | <input type="checkbox"/> |
| 4 | 25 sec | 25 | 20 | <input type="checkbox"/> |
| 5 | 30 sec | 30 | 30 | <input type="checkbox"/> |
| 6 | 35 sec | 35 | 40 | <input type="checkbox"/> |
| 7 | 40 sec | 25 | 20 | <input type="checkbox"/> |
| 8 | 45 sec | 30 | 30 | <input type="checkbox"/> |
| 9 | 50 sec | 50 | 70 | <input type="checkbox"/> |
| 10 | Rest Day | Rest Day | Rest Day | Rest Day |
| 11 | 55 sec | 30 | 30 | <input type="checkbox"/> |
| 12 | 60 sec | 35 | 40 | <input type="checkbox"/> |
| 13 | 65 sec | 40 | 50 | <input type="checkbox"/> |
| 14 | 70 sec | 30 | 30 | <input type="checkbox"/> |
| 15 | 75 sec | 35 | 40 | <input type="checkbox"/> |
| 16 | 80 sec | 40 | 50 | <input type="checkbox"/> |
| 17 | 85 sec | 30 | 30 | <input type="checkbox"/> |
| 18 | 90 sec | 35 | 40 | <input type="checkbox"/> |
| 19 | 95 sec | 50 | 70 | <input type="checkbox"/> |
| 20 | Rest Day | Rest Day | Rest Day | Rest Day |
| 21 | 100 sec | 35 | 40 | <input type="checkbox"/> |
| 22 | 105 sec | 40 | 50 | <input type="checkbox"/> |
| 23 | 110 sec | 45 | 60 | <input type="checkbox"/> |
| 24 | 115 sec | 35 | 40 | <input type="checkbox"/> |
| 25 | 120 sec | 40 | 50 | <input type="checkbox"/> |
| 26 | 125 sec | 45 | 60 | <input type="checkbox"/> |
| 27 | 130 sec | 35 | 40 | <input type="checkbox"/> |
| 28 | 135 sec | 40 | 50 | <input type="checkbox"/> |
| 29 | 140 sec | 45 | 60 | <input type="checkbox"/> |
| 30 | 145 sec | 50 | 70 | <input type="checkbox"/> |

Days 1-9: 30 Jumping Jacks + 40 Plank Jacks

Days 11-19: 20 Burpees + 40 High Knees

Days 21-30: 40 Mountain Climbers + 20 Tuck Jumps

Rest Days: 30 Minute Walk

Daily:

1. Drink half your bodyweight in ounces of water
2. Watch your portions
3. Eliminate refined sugar and white flour