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| --- | --- | --- | --- | --- | --- |
| **Day** | **Crunches**: Mix and match traditional crunches, leg raises, cross crunches, Russian twists, etc. | **Push-ups:** Use the style of push-up that fits your body where you are and progress as able- wall, table, chair, knees, and regular push-ups | **Squats:** Mix and match deep squats, sumo squats, and pulsating squats | **Plank:** Progress as able from knees and elbows to toes and elbows, to toes and straight arms | **Cardio:**  Get your heart rate up with a minimum of 150 minutes aerobic activity spread over 3-5 days per week.  Track minutes below… |
| 1 | 30 | 5 | 20 | 20 seconds |  |
| 2 | 75 | 5 | 25 | 20 seconds |  |
| 3 | 120 | 6 | 30 | 30 seconds |  |
| 4 | 50 | 6 | Rest | 30 seconds |  |
| 5 | Rest | 7 | 35 | 40 seconds |  |
| 6 | 100 | 7 | 40 | Rest |  |
| 7 | 50 | Rest | 45 | 45 seconds |  |
| 8 | 45 | 10 | Rest | 45 seconds |  |
| 9 | 60 | 10 | 50 | 60 seconds |  |
| 10 | Rest | 10 | 55 | 60 seconds |  |
| 11 | 60 | 15 | 60 | 60 seconds |  |
| 12 | 95 | 15 | Rest | 90 seconds |  |
| 13 | 45 | 15 | 65 | Rest |  |
| 14 | 70 | 10 | 70 | 90 seconds |  |
| 15 | Rest | 13 | 75 | 90 seconds |  |
| 16 | 125 | 15 | Rest | 120 seconds |  |
| 17 | 40 | 18 | 80 | 120 seconds |  |
| 18 | 100 | 18 | 85 | 150 seconds |  |
| 19 | 75 | 18 | 90 | Rest |  |
| 20 | Rest | 20 | 95 | 150 seconds |  |
| 21 | 90 | 20 | Rest | 150 seconds |  |
| 22 | 75 | Rest | 100 | 180 seconds |  |
| 23 | 80 | 18 | 105 | 180 seconds |  |
| 24 | 100 | 20 | 110 | 210 seconds |  |
| 25 | Rest | 25 | 115 | 210 seconds |  |
| 26 | 80 | 25 | 120 | Rest |  |
| 27 | 50 | 30 | Rest | 240 seconds |  |
| 28 | 130 | 30 | 130 | 240 seconds |  |
| 29 | 95 | 35 | 140 | 270 seconds |  |
| 30 | 150 | 40 | 150 | 300 seconds |  |

**30 Day Shape-Up Challenge *by CristinePyle.com***