

FitBody 30 Day Full Body Challenge

Day 1 - Para (5x) - Push up (5x) - Ligsteun (10 sec) <i>Repeat 3 times</i>	Day 2 - Bend over row (5x) - Sit up (5x) - Squat (5x) <i>Repeat 3 times</i>	Day 3 - Plank (10 sec) - Push press (5x) - Tricep push up (5x) <i>Repeat 3 times</i>	Day 4 - Hamstring ext. (5x) - Para (7x) - Sit up (7x) <i>Repeat 3 times</i>	Day 5 - Push up (7x) - Ligsteun (15 sec) - Plank (15 sec) <i>Repeat 3 times</i>
Day 6 - Bend over row (7x) - Squat (7x) - Tricep push up (7x) <i>Repeat 3 times</i>	Day 7 - Push press (7x) - Hamstring ext. (7x) - Para (10x) <i>Repeat 3 times</i>	Day 8 - Push up (10x) - Ligsteun (20 sec) - Sit up (10x) <i>Repeat 3 times</i>	Day 9 - Squat (10x) - Bend over row (10x) - Plank (20 sec) <i>Repeat 3 times</i>	Day 10 - Hamstring ext. (10) - Tricep push up (10x) - Push press (10x) <i>Repeat 3 times</i>
Day 11 - Bend over row (13x) - Sit up (13x) - Ligsteun (25 sec) <i>Repeat 3 times</i>	Day 12 - Squat (13x) - Push up (13x) - Para (13x) <i>Repeat 3 times</i>	Day 13 - Plank (25 sec) - Push press (15x) - Hamstring ext. (13x) <i>Repeat 3 times</i>	Day 14 - Tricep push up (13x) - Bend over row (15x) - Sit up (15x) <i>Repeat 3 times</i>	Day 15 - Squat (15x) - Push press (15x) - Para (15x) <i>Repeat 3 times</i>
Day 16 - Hamstring ext. (15x) - Plank (30 sec) - Ligsteun (30 sec) <i>Repeat 3 times</i>	Day 17 - Push up (15x) - Bend over row (17x) - Squat (17x) <i>Repeat 3 times</i>	Day 18 - Tricep push up (15x) - Sit up (17x) - Para (17x) <i>Repeat 3 times</i>	Day 19 - Push up (17x) - Ligsteun (35 sec) - Hamstring ext. (17x) <i>Repeat 3 times</i>	Day 20 - Plank (35 sec) - Push press (17x) - Tricep push up (17x) <i>Repeat 3 times</i>
Day 21 - Squat (20x) - Sit up (20x) - Ligsteun (40 sec) <i>Repeat 3 times</i>	Day 22 - Bend over row (20x) - Hamstring ext. (20x) - Push up (20x) <i>Repeat 3 times</i>	Day 23 - Plank (40 sec) - Push press (20x) - Para (20x) <i>Repeat 3 times</i>	Day 24 - Tricep push up (20x) - Squat (23x) - Bend over row (23x) <i>Repeat 3 times</i>	Day 25 - Sit up (23x) - Ligsteun (45x) - Hamstring ext. (23x) <i>Repeat 3 times</i>
Day 26 - Plank (45 sec) - Push press (23x) - Push up (23x) <i>Repeat 3 times</i>	Day 27 - Squat (25x) - Para (23x) - Plank (50 sec) <i>Repeat 3 times</i>	Day 28 - Tricep push up (23x) - Hamstring ext. (25x) - Ligsteun (50 sec) <i>Repeat 3 times</i>	Day 29 - Para (25x) - Push up (25x) - Sit up (25x) <i>Repeat 3 times</i>	Day 30 - Tricep push up (25x) - Push press (25x) - Bend over row (25x) <i>Repeat 3 times</i>