30-Day Fitness Challenge

One short workout a day. No equipment needed.

1 ☐ 20 jumping jacks + 10 squats	**2** ☐ 10 push-ups (knees are fine)	**3** ☐ 20-second plank × 3	**4** ☐ 15 lunges each leg	**5** ☐ Walk for 20 minutes
6 ☐ 30 jumping jacks + 15 squats	**7** ☐ 12 push-ups + 20 crunches	**8** ☐ 30-second plank × 3	**9** ☐ 20 glute bridges × 2	**10** ☐ Stretch for 10 minutes
11 ☐ 40 jumping jacks + 20 squats	**12** ☐ 15 push-ups + 25 crunches	**13** ☐ 30 mountain climbers × 2	**14** ☐ 20 lunges each leg	**15** ☐ Walk for 30 minutes
16 ☐ 25 squats + 10 burpees	**17** ☐ 15 push-ups + 30 crunches	**18** ☐ 45-second plank × 3	**19** ☐ 25 glute bridges × 2	**20** ☐ Stretch for 15 minutes
21 ☐ 50 jumping jacks + 30 squats	**22** ☐ 20 push-ups + 30 crunches	**23** ☐ 40 mountain climbers × 2	**24** ☐ 25 lunges each leg	**25** ☐ Walk or jog for 30 minutes
26 ☐ 35 squats + 12 burpees	**27** ☐ 20 push-ups + 40 crunches	**28** ☐ 60-second plank × 3	**29** ☐ 15 burpees + 30 squats	**30** ☐ Your favorite day, twice