

30 DAY FITNESS CHALLENGE

Day 1	Day 2	Day 3	Day 4	Day 5
10 sit ups 10 crunches 25 squats 5 pushups	20 sit ups 15 crunches 30 squats 5 pushups	5 sit ups 20 crunches 55 squats 6 pushups	10 sit ups 25 crunches 40 squats 6 pushups	5 sit ups 10 crunches 20 squats 7 pushups
Day 6	Day 7	Day 8	Day 9	Day 10
15 sit ups 30 crunches 50 squats 7 pushups	20 sit ups 35 crunches 55 squats 10 pushups	30 sit ups 40 crunches 60 squats 10 pushups	REST REST REST 10 pushups	10 sit ups 10 crunches 25 squats 15 pushups
Day 11	Day 12	Day 13	Day 14	Day 15
40 sit ups 50 crunches 65 squats 15 pushups	45 sit ups 60 crunches 70 squats 15 pushups	5 sit ups 5 crunches 5 squats REST	10 sit ups 10 crunches 10 squats 18 pushups	20 sit ups 30 crunches 20 squats 18 pushups
Day 16	Day 17	Day 18	Day 19	Day 20
25 sit ups 30 crunches 45 squats 20 pushups	40 sit ups 50 crunches 60 squats 20 pushups	REST REST REST 20 pushups	5 sit ups 5 crunches 5 squats 25 pushups	10 sit ups 10 crunches 25 squats 25 pushups
Day 21	Day 22	Day 23	Day 24	Day 25
20 sit ups 15 crunches 35 squats 30 pushups	25 sit ups 40 crunches 45 squats REST	10 sit ups 40 crunches 55 squats 30 pushups	10 sit ups 50 crunches 65 squats 35 pushups	15 sit ups 60 crunches 65 squats 35 pushups
Day 26	Day 27	Day 28	Day 29	Day 30
20 sit ups 70 crunches 85 squats 40 pushups	REST REST REST 40 pushups	25 sit ups 80 crunches 95 squats 45 pushups	30 sit ups 90 crunches 95 squats 45 pushups	40 sit ups 100 crunches 100 squats 50 pushups

30 Day Challenge On Fac Instructions

United States Employment Service

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the United States Employment Service text.

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