



# THE BARRE

DANCE & FITNESS

# 30 DAY MORNING WORKOUT CHALLENGE

<b>1</b> 20 Sit-ups 20 Squats 10 Push-ups 30 sec plank	<b>2</b> 22 Sit-ups 22 Squats 10 Push-ups 30 sec plank	<b>3</b> 24 Sit-ups 24 Squats 10 Push-ups 30 sec plank	<b>4</b> 26 Sit-ups 26 Squats 10 Push-ups 30 sec plank	<b>5</b> 28 Sit-ups 28 Squats 10 Push-ups 30 sec plank
<b>6</b> 30 Sit-ups 10 Push-ups 60 sec plank	<b>7</b> Rest Day	<b>8</b> 30 Sit-ups 30 Squats 12 Push-ups 35 sec plank	<b>9</b> 32 Sit-ups 32 Squats 12 Push-ups 35 sec plank	<b>10</b> 34 Sit-ups 34 Squats 12 Push-ups 35 sec plank
<b>11</b> 36 Sit-ups 36 Squats 12 Push-ups 35 sec plank	<b>12</b> 38 Sit-ups 38 Squats 12 Push-ups 35 sec plank	<b>13</b> 30 Sit-ups 10 Push-ups 60 sec plank	<b>14</b> Rest Day	<b>15</b> 40 Sit-Ups 40 Squats 14 Push-Ups 40 Sec Plank
<b>16</b> 42 Sit-Ups 42 Squats 14 Push-Ups 40 Sec Plank	<b>17</b> 44 Sit-Ups 44 Squats 14 Push-Ups 40 Sec Plank	<b>18</b> 46 Sit-Ups 46 Squats 14 Push-Ups 40 Sec Plank	<b>19</b> 48 Sit-Ups 48 Squats 14 Push-Ups 40 Sec Plank	<b>20</b> 30 Sit-Ups 10 Push-Ups 60 Sec Plank
<b>21</b> Rest Day	<b>22</b> 50 Sit-ups 50 Squats 16 Push-Ups 45 Sec Plank	<b>23</b> 52 Sit-ups 52 Squats 16 Push-Ups 45 Sec Plank	<b>24</b> 54 Sit-ups 54 Squats 16 Push-Ups 45 Sec Plank	<b>25</b> 56 Sit-ups 56 Squats 16 Push-Ups 45 Sec Plank
<b>26</b> 58 Sit-ups 58 Squats 16 Push-Ups 45 Sec Plank	<b>27</b> 30 Sit-Ups 10 Push-Ups 60 Sec Plank	<b>28</b> Rest Day	<b>29</b> 60 Sit-Ups 60 Squats Max Push-Ups 90 Sec Plank	<b>30</b> 60 Sit-Ups 60 Squats Max Push-Ups 90 Sec Plank