

There is no better way than to start today!!



# 30 Day Fitness Challenge



Challenge yourself because only YOU can!!

<p><b>Day 1</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 2 x 10 Pushups</li> <li>- 2 x 15 Sit-ups or crunches</li> <li>- 2 x 10 Air Squats</li> </ul>	<p><b>Day 2</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 2 x 15 Leg lifts</li> <li>- 2 x 15 Mountain Climbers</li> <li>- 2 x 30 Second plank</li> <li>- Smile at least 10 times</li> </ul>	<p><b>Day 3</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 2 x 15 Air bike crunches</li> <li>- 2 x 10 Side kicks</li> <li>- 2 x 10 Chair curls</li> <li>- Create a healthy menu</li> </ul>	<p><b>Day 4</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 2 x 5 Minutes of meditate/ mindfulness</li> <li>- Stay off all electronic devices for 2 hours</li> </ul>	<p><b>Day 5</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 3 x 10 Pushups</li> <li>- 3 x 15 Sit-ups or crunches</li> <li>- 3 x 10 Air Squats</li> <li>- Talk to someone for at least 10 minutes</li> </ul>	<p><b>Day 6</b></p> <p><b>*** REST ***</b></p> <p><b>Because you earned it!</b></p>
<p><b>Day 7</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 3 x 10 Lunges</li> <li>- 3 x 10 Chest flies</li> <li>- 3 x 30 Jumping jacks</li> <li>- 3 x 20 Mountain climbers</li> </ul>	<p><b>Day 8</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 3 x 15 Air Squats</li> <li>- 3 x 30 Second wall sit</li> <li>- 3 x 30 Second plank</li> <li>- do nothing for 10 minutes</li> </ul>	<p><b>Day 9</b></p> <ul style="list-style-type: none"> <li>- Fast Walk for 20 minutes</li> <li>- 3 x 15 Pushups</li> <li>- 3 x 15 Side kicks</li> <li>- 2 x 5 Minutes of meditation/ mindfulness</li> <li>- cook your favorite meal</li> </ul>	<p><b>Day 10</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 3 x 20 Air bike crunches</li> <li>- 3 x 15 Chair curls</li> <li>- 3 x 50 Jumping jacks</li> </ul>	<p><b>Day 11</b></p> <p><b>*** REST ***</b></p> <p><b>Everything in moderation!</b></p>	<p><b>Day 12</b></p> <ul style="list-style-type: none"> <li>- Walk for 60 minutes</li> <li>- 3 x 15 Pushups</li> <li>- 3 x 15 Sit-ups or crunches</li> <li>- 3 x 10 Air Squats</li> <li>- Think of a funny instance you can tell someone</li> </ul>
<p><b>Day 13</b></p> <ul style="list-style-type: none"> <li>- Light Jog for 20 minutes</li> <li>- 3 x 20 Leg lifts</li> <li>- 3 x 15 Chest flies</li> <li>- 3 x 45 Second Plank</li> <li>- Close your eyes, clear your mind and count to 45</li> </ul>	<p><b>Day 14</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 3 x 15 Lunges</li> <li>- 3 x 15 Mountain climbers</li> <li>- 3 x 15 Air Squats</li> <li>- 3 x 15 Leg lifts</li> </ul>	<p><b>Day 15</b></p> <p><b>*** REST ***</b></p> <p><b>Your legs will thank you!</b></p>	<p><b>Day 16</b></p> <ul style="list-style-type: none"> <li>- Light jog for 30 minutes</li> <li>- 3 x 20 Chair Curls</li> <li>- 3 x 10 Chest flies (weighted)</li> <li>- 3 x 50 Jumping jacks</li> <li>- 3 x 30 Air bike crunches</li> <li>- read a short story</li> </ul>	<p><b>Day 17</b></p> <ul style="list-style-type: none"> <li>- Fast Walk for 30 minutes</li> <li>- 3 x 20 Pushups</li> <li>- 3 x 45 Second planks</li> <li>- 2 x 5 Minutes of meditate/ mindfulness</li> </ul>	<p><b>Day 18</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 3 x 10 Lunges (weighted)</li> <li>- 3 x 10 Chest flies</li> <li>- 3 x 30 Second wall sit</li> <li>- 3 x 15 Sit-ups or crunches</li> <li>- You are appreciated!</li> </ul>
<p><b>Day 19</b></p> <ul style="list-style-type: none"> <li>- Walk for 30 minutes</li> <li>- 3 x 1 Minute plank</li> <li>- 3 x 20 Mountain Climbers</li> <li>- 3 x 50 Jumping jacks</li> <li>- 3 x 30 Second air runner</li> <li>- take 10 deep breaths</li> </ul>	<p><b>Day 20</b></p> <p><b>*** REST ***</b></p> <p><b>If it's easy, everybody would be doing it!!</b></p>	<p><b>Day 21</b></p> <ul style="list-style-type: none"> <li>- Run for 20 minutes</li> <li>- 3 x 20 Air Squats</li> <li>- 3 x 20 Pushups</li> <li>- 3 x 20 Leg lifts</li> <li>- 3 x 20 Air bike crunches</li> </ul>	<p><b>Day 22</b></p> <ul style="list-style-type: none"> <li>- Walk for 60 minutes</li> <li>- 3 x 20 Mountain climbers</li> <li>- 3 x 30 Second wall sit</li> <li>- 3 x 50 Jumping jacks</li> <li>- 3 x 20 Lunges</li> <li>- take 10 selfies</li> </ul>	<p><b>Day 23</b></p> <ul style="list-style-type: none"> <li>- Fast Walk for 30 minutes</li> <li>- 3 x 20 Side kicks</li> <li>- 3 x 10 Arm flies (weighted)</li> <li>- 3 x 20 Chair curls</li> <li>- 3 x 1 Minute plank</li> <li>- Write a poem</li> </ul>	<p><b>Day 24</b></p> <ul style="list-style-type: none"> <li>- Run for 20 minutes</li> <li>- 3 x 15 Lunges</li> <li>- 3 x 15 Air Squats</li> <li>- 3 x 30 Second wall sit</li> <li>- 3 x 20 Air bike crunches</li> </ul>
<p><b>Day 25</b></p> <p><b>*** REST ***</b></p> <p><b>Home stretch! Keep it up!!</b></p>	<p><b>Day 26</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps</li> <li>- 3 x 20 Chest flies (weighted)</li> <li>- 3 x 20 Chair curls</li> <li>- 3 x 20 pushups</li> <li>- 3 x 20 Mountain climbers</li> </ul>	<p><b>Day 27</b></p> <ul style="list-style-type: none"> <li>- Walk for 60 minutes</li> <li>- 3 x 20 Lunges</li> <li>- 3 x 20 Air squats</li> <li>- 3 x 20 Side kicks</li> <li>- 3 x 30 Second wall sit</li> <li>- buy something nice</li> </ul>	<p><b>Day 28</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps or walk for 60 minutes</li> <li>- 10 Minutes of meditate/ mindfulness</li> <li>- Stay off all electronic devices for 3 hours</li> </ul>	<p><b>Day 29</b></p> <ul style="list-style-type: none"> <li>- 10,000 Steps</li> <li>- 3 x 20 Chest flies (weighted)</li> <li>- 3 x 20 Chair curls</li> <li>- 3 x 20 pushups</li> <li>- 3 x 20 Mountain climbers</li> </ul>	<p><b>Day 30</b></p> <ul style="list-style-type: none"> <li>- Walk for 60 minutes</li> <li>- 3 x 20 Lunges</li> <li>- 3 x 20 Air squats</li> <li>- 3 x 20 Side kicks</li> <li>- 3 x 30 Second wall sit</li> <li>- Congratulate yourself!!!</li> </ul>

## DEFINITIONS:

**Air bike crunches** - a conditioning exercise performed from a supine position by raising and lowering the upper body without reaching a sitting position

**Air Squat** - an exercise in which a standing person lowers to a position in which the body is crouched and the knees are bent but not protruding over your toes and then rises to an upright position

**Chair curls** - a body-building exercise in which a weight (chair) is held with the palms facing up is raised and lowered by flexing only the wrists and elbows

**Chest Flys** - laying on your back, arms extended slightly bent at the elbows in front of you, lower your arms to your side (creating a 'T'). Using your chest muscles, return your arms back to the original position

**Jumping Jacks** - a conditioning exercise performed from a standing position by jumping to a position with legs spread and arms raised simultaneously and then back to the original position

**Leg lifts** - an exercise in which a person lies on their side, keeping a balanced and neutral pelvis while raising and lowering one leg

**Lunges** - an exercise in which a person in a standing position steps one foot forward into a position in which the front knee is bent while keeping the body vertical then returns back to the starting position

**Meditate/Mindfulness** a mental exercise concentrating on one's breathing and thinking, purpose is to clear your mind of any thoughts of that moment

**Mountain Climbers** - an exercise where a person starts in the pushup position, alternate bringing each knee to your chest and back again.

**Plank** - exercise in which a person starts in a prone position and balances on the toes and forearms while holding the rest of the body up and off the ground

**Pushup** - an exercise performed starting in a prone position, the person raises and lowers the body with the straightening and bending of the arms while keeping the back straight, supporting the body on the hands and toes (hands and knees if necessary)

**Sit-up** - an exercise performed laying on your back with knees bent by raising the torso to an upright sitting position and returning to the original position without using the arms or lifting the feet. Your hands can be locked behind your head for added difficulty.

**Side kicks** - an exercise in which a person starts on their hands and knees, raises one leg and kicks out to that side, returning back to the original position

**Wall Sit** - an exercise in which a person places their back against a wall with their feet shoulder width apart and a little ways out from the wall. Then, keeping their back against the wall, they lower their hips until their knees form right angles, holding this pose

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