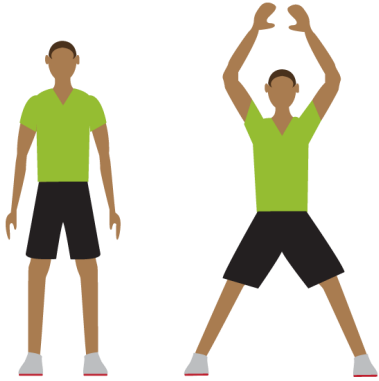
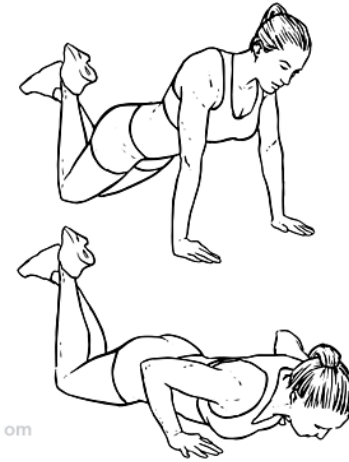


# 30 DAY CHALLENGE EXERCISE EXAMPLES



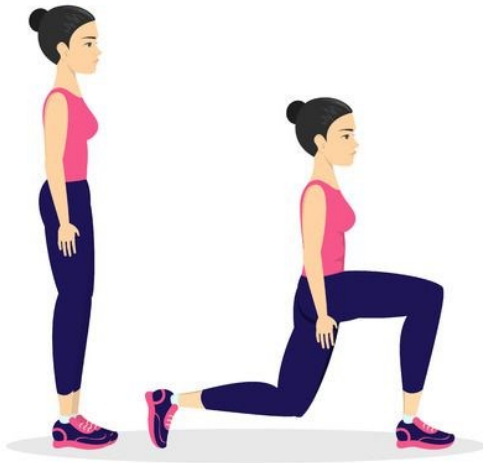
**JUMPING JACKS**



**MODIFIED PUSH UP**



**SQUAT**



**LUNGE**

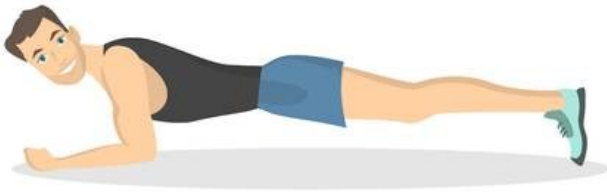


**HIGH KNEES**



**TRICEP DIPS**

# 30 DAY CHALLENGE EXERCISE EXAMPLES



**PLANK**



**WOODCHOPPER**



## CONTINUOUS EXERCISE INCLUDES:

WALKING

BIKING

DANCING

ROWING

STAIRCLIMBING

RUNNING

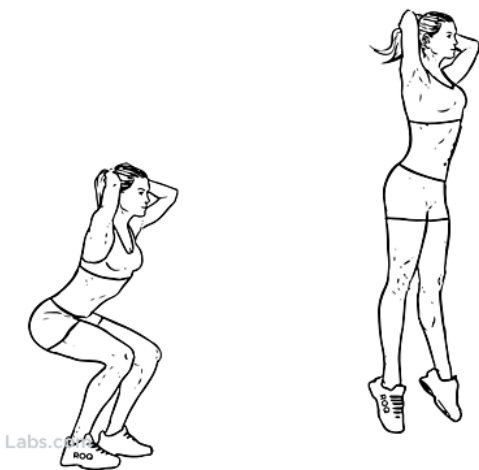
JOGGING

HIKING

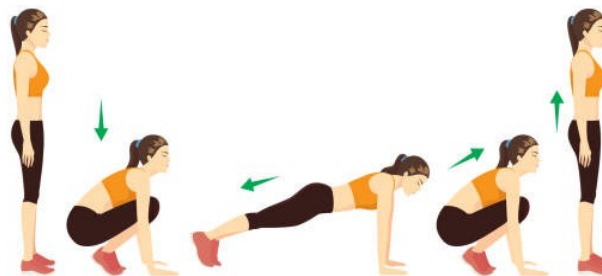
SKIPPING

ELLIPTICAL TRAINING

& MORE!



**SQUAT JUMPS**



**BURPEE**