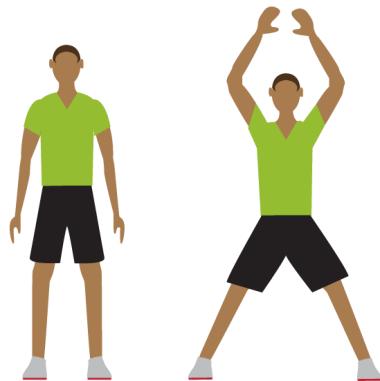
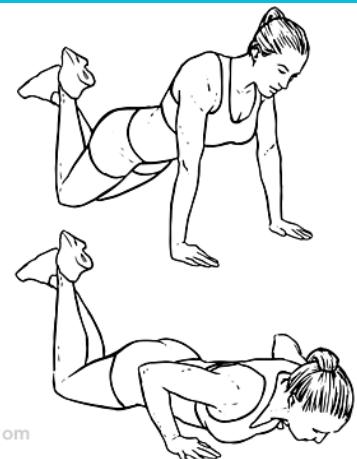


# 30 DAY CHALLENGE EXERCISE EXAMPLES



JUMPING JACKS



MODIFIED PUSH UP



SQUAT



LUNGE

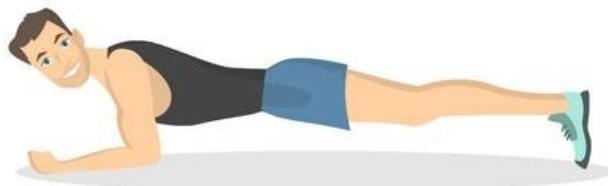


HIGH KNEES



TRICEP DIPS

# 30 DAY CHALLENGE EXERCISE EXAMPLES



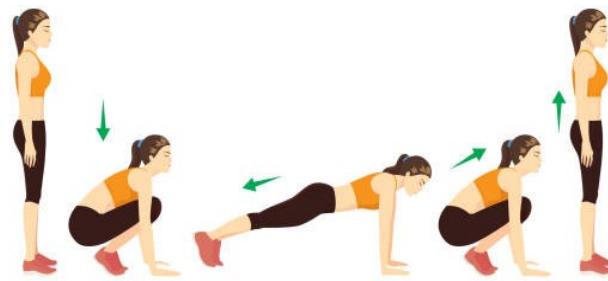
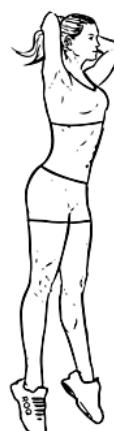
PLANK



WOODCHOPPER



SQUAT JUMPS



BURPEE

CONTINUOUS  
EXERCISE INCLUDES:

WALKING  
BIKING  
DANCING  
ROWING  
STAIRCLIMBING  
RUNNING  
JOGGING  
HIKING  
SKIPPING  
ELLIPTICAL TRAINING  
& MORE!