

# 30 day fitness challenge

THEMULTITASKINGWOMAN.COM

<input type="checkbox"/> Day 01	30 jumping jacks - 10 squats 20 crunches - 20 second plank	<input type="checkbox"/> Day 16	35 high knees - 20 push ups 35 second wall sit - 20 sit ups
<input type="checkbox"/> Day 02	20 high knees - 5 push ups 20 second wall sit - 5 sit ups	<input type="checkbox"/> Day 17	50 jumping jacks - 30 squats 40 crunches - 50 second plank
<input type="checkbox"/> Day 03	30 jumping jacks - 10 squats 20 crunches - 20 second plank	<input type="checkbox"/> Day 18	40 high knees - 25 push ups 40 second wall sit - 25 sit ups
<input type="checkbox"/> Day 04	20 high knees - 5 push ups 20 second wall sit - 5 sit ups	<input type="checkbox"/> Day 19	50 jumping jacks - 30 squats 40 crunches - 50 second plank
<input type="checkbox"/> Day 05	35 jumping jacks - 15 squats 25 crunches - 30 second plank	<input type="checkbox"/> Day 20	40 high knees - 25 push ups 40 second wall sit - 25 sit ups
<input type="checkbox"/> Day 06	25 high knees - 10 push ups 25 second wall sit - 10 sit ups	<input type="checkbox"/> Day 21	55 jumping jacks - 35 squats 45 crunches - 55 second plank
<input type="checkbox"/> Day 07	35 jumping jacks - 15 squats 25 crunches - 30 second plank	<input type="checkbox"/> Day 22	45 high knees - 30 push ups 45 second wall sit - 30 sit ups
<input type="checkbox"/> Day 08	25 high knees - 10 push ups 25 second wall sit - 10 sit ups	<input type="checkbox"/> Day 23	55 jumping jacks - 35 squats 45 crunches - 55 second plank
<input type="checkbox"/> Day 09	40 jumping jacks - 20 squats 30 crunches - 35 second plank	<input type="checkbox"/> Day 24	45 high knees - 30 push ups 45 second wall sit - 30 sit ups
<input type="checkbox"/> Day 10	30 high knees - 15 push ups 30 second wall sit - 15 sit ups	<input type="checkbox"/> Day 25	60 jumping jacks - 40 squats 50 crunches - 60 second plank
<input type="checkbox"/> Day 11	40 jumping jacks - 20 squats 30 crunches - 35 second plank	<input type="checkbox"/> Day 26	50 high knees - 35 push ups 50 second wall sit - 35 sit ups
<input type="checkbox"/> Day 12	30 high knees - 15 push ups 30 second wall sit - 15 sit ups	<input type="checkbox"/> Day 27	60 jumping jacks - 40 squats 50 crunches - 60 second plank
<input type="checkbox"/> Day 13	45 jumping jacks - 25 squats 35 crunches - 40 second plank	<input type="checkbox"/> Day 28	50 high knees - 35 push ups 50 second wall sit - 35 sit ups
<input type="checkbox"/> Day 14	35 high knees - 20 push ups 35 second wall sit - 20 sit ups	<input type="checkbox"/> Day 29	65 jumping jacks - 45 squats 55 crunches - 65 second plank
<input type="checkbox"/> Day 15	45 jumping jacks - 25 squats 35 crunches - 40 second plank	<input type="checkbox"/> Day 30	55 high knees - 40 push ups 55 second wall sit - 40 sit ups