

28 DAY CHALLENGE

free workout for beginners

Day 1

Running in place 2x30 sec
Lunges 2x10
Glute bridges 2x10
Running in place 2x30 sec
Squats 2x10
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Day 2

30 minute walk
Planks 2x30 sec
Crunches 2x10
Flutter kicks 2x10
Bicycle crunch 2x10



Day 3

Jumping Jacks 2x15
Push-ups 2x10
Bicep curls 2x10
Triceps extensions 2x10
Front raises 2x10
Jumping Jacks 1x15
Military press 2x8



Day 4

Rest

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Day 5

30 minute walk



Day 6

Running in place 2x30 sec
Lunges 2x10
Glute bridges 2x10
Running in place 2x30 sec
Squats 2x10

Day 8

Jumping Jacks 2x15
Push-ups 2x12
Bicep curls 2x12
Jumping Jacks 2x15
Triceps extensions 2x12
Front raises 2x12
Jumping Jacks 2x15
Military press 2x10

Day 7

Rest



Day 9

Jump squats 2x10
Glute bridges 2x12
Lunges 2x12
Dumbbell squats 2x12
Good mornings 2x12
Step ups 2x20
Deadlifts 2x10
Jump squats 1x15



Day 10

30 minute walk



Day 11

Planks 3x30 sec
Crunches 3x10
Flutter kicks 3x10
Bicycle crunch 3x10
30 minute walk

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Day 12

Jump squats 2x10
Glute bridges 2x12
Lunges 2x12
Dumbbell squats 2x12
Good mornings 2x12
Step ups 2x20
Deadlifts 2x10
Jump squats 1x15

Day 13

30 minute walk



Day 14

Rest



Day 15

Jump squats 3x10
Glute bridges 3x10
Lunges 3x10
Jump squats 1x12
Good mornings 3x10
Dumbbell squats 3x10
Step ups 3x20
Deadlifts 3x10



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