

Good Morning, Sunshine!

30 Day Early Bird Workout Challenge Connect The Dots Ginger

1 20 Sit-ups 20 Squats 10 Pushups 30 Sec Plank	2 22 Sit-ups 22 Squats 10 Pushups 30 Sec Plank	3 24 Sit-ups 24 Squats 10 Pushups 30 Sec Plank	4 26 Sit-ups 26 Squats 10 Pushups 30 Sec Plank	5 28 Sit-ups 28 Squats 10 Pushups 30 Sec Plank	6 30 Sit-ups 10 Pushups 60 Sec Plank
7 REST DAY	8 30 Sit-ups 30 Squats 12 Pushups 35 Sec Plank	9 32 Sit-ups 32 Squats 12 Pushups 35 Sec Plank	10 34 Sit-ups 34 Squats 12 Pushups 35 Sec Plank	11 36 Sit-ups 36 Squats 12 Pushups 35 Sec Plank	12 38 Sit-ups 38 Squats 12 Pushups 35 Sec Plank
13 30 Sit-ups 10 Pushups 60 Sec Plank	14 REST DAY	15 40 Sit-ups 40 Squats 14 Pushups 40 Sec Plank	16 42 Sit-ups 42 Squats 14 Pushups 40 Sec Plank	17 44 Sit-ups 44 Squats 14 Pushups 40 Sec Plank	18 46 Sit-ups 46 Squats 14 Pushups 40 Sec Plank
19 48 Sit-ups 48 Squats 14 Pushups 40 Sec Plank	20 30 Sit-ups 10 Pushups 60 Sec Plank	21 REST DAY	22 50 Sit-ups 50 Squats 16 Pushups 45 Sec Plank	23 52 Sit-ups 52 Squats 16 Pushups 45 Sec Plank	24 54 Sit-ups 54 Squats 16 Pushups 45 Sec Plank
25 56 Sit-ups 56 Squats 16 Pushups 45 Sec Plank	26 58 Sit-ups 58 Squats 16 Pushups 45 Sec Plank	27 30 Sit-ups 10 Pushups 60 Sec Plank	28 REST DAY	29 60 Sit-ups 60 Squats 1Max Pushups 90 Sec Plank	30 60 Sit-ups 60 Squats 1Max Pushups 90 Sec Plank