

## Cardio and Nutrition Challenge - April 2015

Week One: 30 minutes of exercise and drink half your body weight in ounces of water each day, eliminate any artificial sweeteners, limit alcohol to 2x per week

Week Two: 35 minutes of exercise and 2 Tablespoons of apple cider vinegar/lemon juice water mixture each morning, and at least one cup of green tea

Week Three: 40 minutes of exercise and eat three cups of vegetables each (mostly raw), limit (to once per day) or eliminate dairy and gluten, meatless Mondays

Week Four: 45 minutes of exercise and no processed foods each day (if it doesn't come from the ground or have a mother - you don't eat it) - no packaged food

Week Five: 50 minutes of exercise and no added sugar to any food or drink item (this means eliminating alcohol completely!) - limit total sugar to 20 grams per day

### **30 Day Challenge - Strength and Core**

<b>1</b> 15 squats 10 lunges 10 sec wall sit 5 push ups 5 tricep dips 10 pulses – Pilates 100 20 sec plank	<b>2</b> 20 squats 15 lunges 20 sec wall sit 10 push ups 10 tricep dips 10 pulses – Pilates 100 20 sec plank	<b>3</b> 20 squats 15 lunges 20 sec wall sit 10 push ups 10 tricep dips 10 pulse – Pilates 100 20 sec plank	<b>4</b> 25 squats 20 lunges 25 sec wall sit 15 push ups 15 tricep dips 15 pulses – Pilates 100 25 sec plank	<b>5</b> 25 squats 20 lunges 25 sec wall sit 15 push ups 15 tricep dips 15 pulses – Pilates 100 25 sec plank	<b>6</b> 30 squats 25 lunges 30 sec wall sit 20 push ups 20 tricep dips 20 pulses – Pilates 100 30 sec plank
<b>7</b> 30 squats 25 lunges 30 sec wall sit 20 push ups 20 tricep dips 20 pulses – Pilates 100 30 sec plank	<b>8</b> 35 squats 30 lunges 35 sec wall sit 25 push ups 25 tricep dips 30 pulses – Pilates 100 35 sec plank	<b>9</b> 35 squats 30 lunges 35 sec wall sit 25 push ups 25 tricep dips 30 pulses – Pilates 100 35 sec plank	<b>10</b> 40 squats 35 lunges 40 sec wall sit 30 push ups 30 tricep dips 30 pulses – Pilates 100 40 sec plank	<b>11</b> 40 squats 35 lunges 40 sec wall sit 30 push ups 30 tricep dips 40 pulses – Pilates 100 40 sec plank	<b>12</b> 45 squats 40 lunges 50 sec wall sit 35 push ups 35 tricep dips 40 pulses – Pilates 100 45 sec plank
<b>13</b> 45 squats 40 lunges 50 sec wall sit 35 push ups 35 tricep dips 50 pulses – Pilates 100 45 sec plank	<b>14</b> 50 squats 45 lunges 55 sec wall sit 40 push ups 40 tricep dips 50 pulses – Pilates 100 50 sec plank	<b>15</b> 50 squats 45 lunges 55 sec wall sit 40 push ups 40 tricep dips 60 pulses – Pilates 100 50 sec plank	<b>16</b> 55 squats 50 lunges 60 sec wall sit 45 push ups 45 tricep dips 60 pulses – Pilates 100 55 sec plank	<b>17</b> 55 squats 50 lunges 60 sec wall sit 45 push ups 45 tricep dips 70 pulses – Pilates 100 55 sec plank	<b>18</b> 60 squats 55 lunges 65 sec wall sit 50 push ups 50 tricep dips 70 pulses – Pilates 100 60 sec plank
<b>19</b> 60 squats 55 lunges 65 sec wall sit 50 push ups 50 tricep dips 80 pulses – Pilates 100 60 sec plank	<b>20</b> 60 squats 55 lunges 65 sec wall sit 50 push ups 50 tricep dips 80 pulses – Pilates 100 60 sec plank	<b>21</b> 65 squats 60 lunges 70 sec wall sit 55 push ups 55 tricep dips 85 pulses – Pilates 100 65 sec plank	<b>22</b> 65 squats 60 lunges 70 sec wall sit 55 push ups 55 tricep dips 85 pulses – Pilates 100 60 sec plank	<b>23</b> 65 squats 60 lunges 70 sec wall sit 55 push ups 55 tricep dips 85 pulses – Pilates 100 60 sec plank	<b>24</b> 70 squats 65 lunges 75 sec wall sit 60 push ups 60 tricep dips 90 pulses – Pilates 100 65 sec plank
<b>25</b> 70 squats 65 lunges 75 sec wall sit 60 push ups 60 tricep dips 90 pulses – Pilates 100 65 sec plank	<b>26</b> 70 squats 65 lunges 75 sec wall sit 60 push ups 60 tricep dips 90 pulses – Pilates 100 65 sec plank	<b>27</b> 75 squats 70 lunges 80 sec wall sit 65 push ups 65 tricep dips 95 pulses – Pilates 100 70 sec plank	<b>28</b> 75 squats 70 lunges 80 sec wall sit 65 push ups 65 tricep dips 95 pulses – Pilates 100 70 sec plank	<b>29</b> 80 squats 75 lunges 85 sec wall sit 70 push ups 70 tricep dips 95 pulses – Pilates 100 75 sec plank	<b>30</b> 85 squats 80 lunges 90 sec wall sit 75 push ups 75 tricep dips 100 pulses – Pilates 100 80 sec plank

