

Cardio and Nutrition Challenge - September 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

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

