

30 TAGE

FULL BODY CHALLENGE

TAG 1 10 Squats 10 Crunshes	TAG 2 10 Hip Bridges 15 sec. Plank	TAG 3 10 Schräge Crunches 7 Push Ups	TAG 4 Walking, Jogging 15 Min	TAG 5 15 Squats 15 Crunshes
TAG 6 15 Hip Bridges 20 sec. Plank	TAG 7 Walking, Jogging 15 Min	TAG 8 15 Schräge Crunches 10 Push Ups	TAG 9 15 Squats 15 Crunshes	TAG 10 15 Hip Bridges 20 sec. Plank
TAG 11 Walking, Jogging 20 Min	TAG 12 15 Schräge Crunches 10 Push Ups	TAG 13 20 Squats 20 Crunshes	TAG 14 Walking, Jogging 20 Min	TAG 15 20 Hip Bridges 30 sec. Plank
TAG 16 20 Schräge Crunches 15 Push Ups	TAG 17 20 Squats 20 Crunshes	TAG 18 Walking, Jogging 25 Min	TAG 19 20 Hip Bridges 30 sec. Plank	TAG 20 20 Schräge Crunches 15 Push Ups
TAG 21 Walking, Jogging 25 Min	TAG 22 25 Squats 25 Crunshes	TAG 23 25 Hip Bridges 45 sec. Plank	TAG 24 25 Schräge Crunches 17 Push Ups	TAG 25 Walking, Jogging 30 Min
TAG 26 30 Squats 30 Crunshes	TAG 27 30 Hip Bridges 60 sec. Plank	TAG 28 Walking, Jogging 30 Min	TAG 29 30 Schräge Crunches 20 Push Ups	TAG 30 30 Squats 30 Crunshes