



30 Day Exercise Challenge!

You don't need a fancy gym membership or even leave the house to get moving and fit.

Here is a 30 day challenge of some of the best workouts you can do in the hose in under 30 mins a day. All of these workout are under 30 mins and to be done over 5 days of the week and are a blend of High Intensity Interval Training, Yoga, Walking/Jogging and Pilates - no equipment needed just trainers, sports bra and ideally an exercise mat.

These workouts are over 5 days so feel free to do them on whatever day you wish - whether its Mon - Fri or whatever works for you. I recommend you print this off and cross tick off each day - then post a picture of it when completed on the Facebook group!

Make sure you warm up and cool down with these to prevent injury (*many of them include this*) **[click here](#)** to watch a great 5 min warm up and **[click here](#)** for a 5 min cool down

*Please note that **I am NOT personal trainer** and this are just a schedule of my workout with my top online personal trainers but you follow this plan at your own risk. Click the underlined links to get access to the video on you tube.*

1. <u>HIIT Workout</u> <i>16mins</i>	2. <u>Beginners Abs & Butt</u> <i>13 min</i>	3. <u>Bodyweight Cardio Workout</u> <i>30 mins</i>	4. <u>Brisk Walk/Jog</u> <i>30 Min</i>	5. <u>Beginners Pilates Workout</u> <i>28 mins</i>	<i>Rest day</i>	<i>Rest day</i>
6. <u>Slim & Sculpt</u> <i>17 mins</i>	7. <u>Brisk Walk/Jog</u> <i>30 Min</i>	8. <u>Fat Burning HIIT</u> <i>25 mins</i>	9. <u>Yoga for Beginners</u> <i>20 mins</i>	10. <u>Upper Body & Abs</u> <i>29 mins</i>	<i>Rest day</i>	<i>Rest day</i>
11. <u>Ab Blast</u> <i>25 mins</i>	12. <u>Squat Challenge</u> <i>10 mins</i>	13. <u>Brisk Walk/Jog</u> <i>30 Min</i>	14. <u>Brutal HIIT</u> <i>20 mins</i>	15. <u>Thigh & Butt</u> <i>10 mins</i>	<i>Rest day</i>	<i>Rest day</i>
16. <u>Glute & Thigh Slimdown</u> <i>12 mins</i>	17. <u>Belly Fat Burner</u> <i>16 mins</i>	18. <u>Sexy Arms</u> <i>6 mins</i>	19. <u>Fat Burning HIIT</u> <i>17 mins</i>	20. <u>Brisk Walk/Jog</u> <i>30 Min</i>	<i>Rest day</i>	<i>Rest day</i>
21. <u>Cardio & Core Workout</u> <i>20 mins</i>	22. <u>Brisk Walk/Jog</u> <i>30 Min</i>	23. <u>Lower Ab & Booty Blast</u> <i>15 mins</i>	24. <u>Fat Burning HIIT</u> <i>25 mins</i>	25. <u>Pop Pilates</u> <i>18 mins</i>	<i>Rest day</i>	<i>Rest day</i>
26. <u>Cardio - Butt & Thigh</u> <i>25 mins</i>	27. <u>Yoga for Arms & Abs</u> <i>30 mins</i>	28. <u>Brisk Walk/Jog</u> <i>30 Min</i>	29. <u>Butt & Thigh</u> <i>10 mins</i>	30. <u>Bikini Body Pilates</u> <i>30 mins</i>	<i>Rest day x2</i>	<i>Rest day</i>