

30-DAY *Strength* CHALLENGE

All workouts are FREE on YouTube. [CLICK HERE](#) to go to the YouTube challenge playlist or click on the thumbnail to go to the YouTube workout video.

☐ DAY 1 10 MIN IMAGINE DRAGONS LOWER BODY WORKOUT 15 MIN LEGS & GLUTES HOME WORKOUT	☐ DAY 2 5 MINUTE DAILY ABS	☐ DAY 3 20 MIN FAT BURNING WALKING FOR WEIGHT LOSS 2500 STEPS 2010s HITS DANCE PARTY WORKOUT 2500 STEPS	☐ DAY 4 10 MIN BON JOVI UPPER BODY WORKOUT 15 MIN UPPER BODY WORKOUT	☐ DAY 5 5 MIN ABS ON FIRE WORKOUT
☐ DAY 6 20 MIN CALORIE KILLER WALKING FOR WEIGHT LOSS 2500 STEPS 2000's HITS CARDIO PARTY 2500 STEPS	☐ DAY 7 15 MIN KILLER LEGS COMPLETE LOWER BODY WORKOUT 10 MIN LEGS FOR DAYS WORKOUT NO EQUIPMENT	☐ DAY 8 7 MINUTE AB ATTACK NO EQUIPMENT	☐ DAY 9 20 MIN SWEATY STEPS WALKING FOR WEIGHT LOSS 2500 STEPS 3000 STEPS 90'S THROWBACK CARDIO	☐ DAY 10 15 MIN TOTAL UPPER BODY WORKOUT 15 MINUTE WALK AT HOME UPPER BODY + CARDIO WITH WEIGHTS
☐ DAY 11 8 MINUTE AB BURN WORKOUT NO EQUIPMENT	☐ DAY 12 20 MIN HAPPY WALK WALKING FOR WEIGHT LOSS 2300 STEPS 80'S DANCE PARTY! CARDIO WORKOUT 2500 STEPS	☐ DAY 13 15 MIN LOWER BODY HOME WORKOUT 12 MINUTE KNEE FRIENDLY THIGH BLASTER	☐ DAY 14 9 MINUTE STRONG ABS WORKOUT	☐ DAY 15 40 MIN 5000 STEPS CARDIO AEROBICS
☐ DAY 16 20 MIN UPPER BODY DUMBBELL WORKOUT 10 MIN AEROSMITH ARMS & ABS DUMBBELL WORKOUT	☐ DAY 17 10 MINUTE AB BLASTER No Equipment	☐ DAY 18 20 MIN WALK AT HOME WALKING FOR WEIGHT LOSS 2500 STEPS 10 MIN 80'S ROCK CARDIO WORKOUT	☐ DAY 19 15 MIN TOTAL LOWER BODY WORKOUT DAY 02 LOWER BODY 7-DAY JUMPSTART	☐ DAY 20 10 MIN PLANKS ONLY AB WORKOUT KINGS OF LEON
☐ DAY 21 40 MIN 5000 STEPS FAT BURNER	☐ DAY 22 20 MIN STRONG UPPER BODY DUMBBELL WORKOUT 15 MIN UPPER BODY & ABS WORKOUT DUMBBELLS	☐ DAY 23 10 MINUTE SLIM WAIST Ab Workout	☐ DAY 24 20 MIN MOOD BOOST WALKING FOR WEIGHT LOSS 2500 STEPS 70'S DISCO DANCE PARTY	☐ DAY 25 20 MIN LEGS & GLUTES 20 MIN LOWER BODY BURN
☐ DAY 26 12 MINUTE MUFFIN TOP MELTER Ab Workout	☐ DAY 27 20 MIN CALORIE BURN WALKING FOR WEIGHT LOSS 2400 STEPS 20 MIN ACTIVE REST WALKING FOR WEIGHT LOSS 2500 STEPS	☐ DAY 28 20 MIN UPPER BODY TONE & SCULPT DUMBBELL WORKOUT 20 MIN ARMS UP! WALKING FOR WEIGHT LOSS 2300 STEPS	☐ DAY 29 12 MINUTE STRONG ABS & CORE	☐ DAY 30 10,000 STEPS LOW-IMPACT NO JUMPING Workout



Enrich Your Life Fitness



Enrich Your Life Fitness



Enrich Your Life Fitness