

30 Day Fitness Challenge



Shooting Star
Children's Hospices

Can you complete our punishing 30 Day Fitness Challenge?

Attempt each day's exercise on your own or with friends, or make a donation to Shooting Star Children's Hospices for any day you can't face! If you manage to complete all 30 days then why not make a celebratory donation! Also you're clearly ready to take on one of our challenge events. Head to shootingstar.org.uk/events to find a challenge worthy of you!

Day 1 1 x Plank (Aim for 2 minutes)	Day 2 2 x Wall Sits (1 minute each)	Day 3 3 x Full Burpees	Day 4 4 x Army Crawls (30 seconds each)	Day 5 5 x Press Ups	Day 6 6 x Side Planks (20 seconds each)	Day 7 7 x Tricep Dips	Day 8 8 x Front Lunges
Day 9 9 x Ab Crunches	Day 10 10 x Donkey Kicks (Each leg)	Day 11 11 x Skaters	Day 12 12 x Tuck Jumps	Day 13 13 x Standing Side Ab Crunches	Day 14 14 x Curtsey Lunges	Day 15 15 x Cross Body Punches	Day 16 16 x Single Leg Squats (Each leg)
Day 17 17 x Double Leg Raises	Day 18 18 x Reverse Lunges	Day 19 19 x Russian Twists	Day 20 20 x ½ Press Ups (or full if you dare)	Day 21 21 x Glute Bridges	Day 22 22 x Walking Lunges	Day 23 23 x Squat Jumps	Day 24 24 x Switch Lunges
Day 25 25 x Full Sit Ups	Day 26 26 x High Knees	Day 27 27 x Star Jumps	Day 28 28 x Squats	Day 29 29 x Ab Bicycle Crunches	Day 30 30 x Mountain Climbers		

For beginners:

Complete the daily challenges as presented, 1 per day.

For intermediates:

Complete the daily challenges, PLUS the day before!

For extreme competitors:

Complete the daily challenges, PLUS all others you have previously completed! (Not for the faint hearted)

