

Monday: Upper Body

Warm Up: 10 Minutes

Jumping Jacks

Butt Kicks

High Knees

Lunge Jacks

Toe Touches

Jog in Place

Jump Squats

Push-ups

Cherry Pickers

Plank Jacks

*Complete each exercise for 30 seconds each with no rest in between.

Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Push-ups-15 Tricep Dips-15 Skull Crusher Push-ups-15 Plank Shoulder Taps-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Walking Plank Up Down Planks Burpees Mat Hops Plank with Arm Travel Plank Jack to Push-up Tricep Dips *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 1"

DAY 1

Tuesday: Lower Body

Warm Up: 10 Minutes

Jog
Skaters
Plank Jacks
Straight Jacks
Side to Side Lunges
Ski Jumps
Plank to a T
Jump Rope
Push-ups
Butt Kicks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Air Squats-20 Alternating Lunges-20 Plank with Leg Raises-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Side to Side Lunge Shuffle Air Squat to Alternating Leg Raise 180* Squat Jumps Wall Sits Donkey Kick Right Donkey Kick Left Elbow to Knee Sumo Squat Hold Slow Defensive Slides *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 2"

DAY 2

Wednesday: Low Intensity Cardio

30 Minutes of your choosing:

Walking

Jogging

Swimming

Biking

*Or a combination! Remember to Stretch! This should be a low impact day to let your body heal a little. 😊

DAY 3

Thursday: Core

Warm Up: 10 Minutes

Butt Kicks
Mountain Climbers
Right Knee Ups
Left Knee Ups
Plank Jacks
Jumping Jacks
Plank to a T
High Knees
Ski Jumps
Straight Jacks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Lying Toe Touches-20 Reverse Crunches-20 Knee Slides-20 Leg Raises-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Knee to Opposite Elbow Mountain Climbers In and Out Planks Russian Twists Heel Touches Flutter Kicks Oblique Knee to Elbow Right Side Plank Pull Through Left Side Plank Pull Through *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 3"

DAY 4

Friday: Upper Body

Warm Up: 10 Minutes

Jumping Jacks

Butt Kicks

High Knees

Lunge Jacks

Toe Touches

Jog in Place

Jump Squats

Push-ups

Cherry Pickers

Plank Jacks

*Complete each exercise for 30 seconds each with no rest in between.

Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Push-ups-15 Tricep Dips-15 Skull Crusher Push-ups-15 Plank Shoulder Taps-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Walking Plank Up Down Planks Burpees Mat Hops Plank with Arm Travel Plank Jack to Push-up Tricep Dips *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 1"

DAY 5

Saturday: Lower Body

Warm Up: 10 Minutes

Jog
Skaters
Plank Jacks
Straight Jacks
Side to Side Lunges
Ski Jumps
Plank to a T
Jump Rope
Push-ups
Butt Kicks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Air Squats-20 Alternating Lunges-20 Plank with Leg Raises-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Side to Side Lunge Shuffle Air Squat to Alternating Leg Raise 180* Squat Jumps Wall Sits Donkey Kick Right Donkey Kick Left Elbow to Knee Sumo Squat Hold Slow Defensive Slides *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 2"

DAY 6

Sunday: Rest, Review, and Report

30 Minutes of:

Looking over your goals

Rededicating yourself

Set some new goals

Review your progress

Review your weak areas, make plans to improve

Make your plan for the upcoming week

*This should be a day of reflection and rededication. You can do this! 😊

DAY 7

Monday: Core

Warm Up: 10 Minutes

Butt Kicks
 Mountain Climbers
 Right Knee Ups
 Left Knee Ups
 Plank Jacks
 Jumping Jacks
 Plank to a T
 High Knees
 Ski Jumps
 Straight Jacks

*Complete each exercise for 30 seconds each with no rest in between.
 Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Lying Toe Touches-20 Reverse Crunches-20 Knee Slides-20 Leg Raises-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Knee to Opposite Elbow Mountain Climbers In and Out Planks Russian Twists Heel Touches Flutter Kicks Oblique Knee to Elbow Right Side Plank Pull Through Left Side Plank Pull Through *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 3"

DAY 8

Tuesday: Upper Body

Warm Up: 10 Minutes

Straight Jacks
One Arm Plank Jacks
Mountain Climbers
Butt Kicks
Air Squats
In and Out Planks
Jumping Jacks
Ski Jumps
Jump Rope
Side to Side Lunge Shuffle

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Burpee-15 Up-Down Planks-15 Tricep Push-ups-15 Mat Hops-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Superman Planks Inchworm to Push-up Walking Plank Plank Jack to Arm Travel Hand Release Push-up Tricep Dips Skull Crusher Push-ups *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 4"

DAY 9

Wednesday: Low Intensity Cardio

30 Minutes of your choosing:

Walking

Jogging

Swimming

Biking

*Or a combination! Remember to Stretch! This should be a low impact day to let your body heal a little. 😊

DAY 10

Thursday: Lower Body

Warm Up: 10 Minutes

Jog
Jump Rope
Skaters
Butt Kicks
Ski Jumps
Side to Side Lunge Shuffle
Mountain Climbers
Jumping Jacks
In and Out Jump Squats
In and Out Planks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Side Lunge Right-20 Side Lunge Right-20 Plie Air Squats-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Slow Defensive Slides Plank with Alternating Leg Lifts High Knees Knee to Elbow Sumo Squat Hold Air Squat with Alternating Leg Lift Wall Sits Alternating Curtsy Lunges Reverse Plank Alternating Leg Lift *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 5"

DAY 11

Friday: Core

Warm Up: 10 Minutes

Jumping Jacks
Plank Jacks
Butt Kicks
Toe Touches
Mountain Climbers
Plank to a T
In and Out Jump Squats
High Knees
Right Knee Ups
Left Knee Ups

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Right Side Plank Pull Through-20 Left Side Plank Pull Through-20 Alternating Leg Raises-20 Lying Toe Touches-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Heel Touches Reverse Crunches Leg Raises Hip Dips Oblique Knee to Elbow Crab Crunch Plank Position Body Saw Russian Twist *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 6"

DAY 12

Saturday: Upper Body

Warm Up: 10 Minutes

Straight Jacks
One Arm Plank Jacks
Mountain Climbers
Butt Kicks
Air Squats
In and Out Planks
Jumping Jacks
Ski Jumps
Jump Rope
Side to Side Lunge Shuffle

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Burpee-15 Up-Down Planks-15 Tricep Push-ups-15 Mat Hops-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Superman Planks Inchworm to Push-up Walking Plank Plank Jack to Arm Travel Hand Release Push-up Tricep Dips Skull Crusher Push-ups *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 4"

DAY 13

Sunday: Rest, Review, and Report

30 Minutes of:

Looking over your goals

Rededicating yourself

Set some new goals

Review your progress

Review your weak areas, make plans to improve

Make your plan for the upcoming week

*This should be a day of reflection and rededication. You can do this! 😊

DAY 14

Monday: Lower Body

Warm Up: 10 Minutes

Jog
Jump Rope
Skaters
Butt Kicks
Ski Jumps
Side to Side Lunge Shuffle
Mountain Climbers
Jumping Jacks
In and Out Jump Squats
In and Out Planks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Side Lunge Right-20 Side Lunge Right-20 Plie Air Squats-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Slow Defensive Slides Plank with Alternating Leg Lifts High Knees Knee to Elbow Sumo Squat Hold Air Squat with Alternating Leg Lift Wall Sits Alternating Curtsy Lunges Reverse Plank Alternating Leg Lift *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 5"

DAY 15

Tuesday: Core

Warm Up: 10 Minutes

Jumping Jacks
Plank Jacks
Butt Kicks
Toe Touches
Mountain Climbers
Plank to a T
In and Out Jump Squats
High Knees
Right Knee Ups
Left Knee Ups

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Right Side Plank Pull Through-20 Left Side Plank Pull Through-20 Alternating Leg Raises-20 Lying Toe Touches-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Heel Touches Reverse Crunches Leg Raises Hip Dips Oblique Knee to Elbow Crab Crunch Plank Position Body Saw Russian Twist *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 6"

DAY 16

Wednesday: Low Intensity Cardio

30 Minutes of your choosing:

Walking

Jogging

Swimming

Biking

*Or a combination! Remember to Stretch! This should be a low impact day to let your body heal a little. 😊

DAY 17

Thursday: Upper Body

Warm Up: 10 Minutes

Jumping Jacks

Butt Kicks

High Knees

Lunge Jacks

Toe Touches

Jog in Place

Jump Squats

Push-ups

Cherry Pickers

Plank Jacks

*Complete each exercise for 30 seconds each with no rest in between.

Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Push-ups-15 Tricep Dips-15 Skull Crusher Push-ups-15 Plank Shoulder Taps-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Walking Plank Up Down Planks Burpees Mat Hops Plank with Arm Travel Plank Jack to Push-up Tricep Dips *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 1"

DAY 18

Friday: Lower Body

Warm Up: 10 Minutes

Jog
Skaters
Plank Jacks
Straight Jacks
Side to Side Lunges
Ski Jumps
Plank to a T
Jump Rope
Push-ups
Butt Kicks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Air Squats-20 Alternating Lunges-20 Plank with Leg Raises-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Side to Side Lunge Shuffle Air Squat to Alternating Leg Raise 180* Squat Jumps Wall Sits Donkey Kick Right Donkey Kick Left Elbow to Knee Sumo Squat Hold Slow Defensive Slides *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 2"

DAY 19

Saturday: Core

Warm Up: 10 Minutes

Butt Kicks
Mountain Climbers
Right Knee Ups
Left Knee Ups
Plank Jacks
Jumping Jacks
Plank to a T
High Knees
Ski Jumps
Straight Jacks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Lying Toe Touches-20 Reverse Crunches-20 Knee Slides-20 Leg Raises-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Knee to Opposite Elbow Mountain Climbers In and Out Planks Russian Twists Heel Touches Flutter Kicks Oblique Knee to Elbow Right Side Plank Pull Through Left Side Plank Pull Through *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 3"

DAY 20

Sunday: Rest, Review, and Report

30 Minutes of:

Looking over your goals

Rededicating yourself

Set some new goals

Review your progress

Review your weak areas, make plans to improve

Make your plan for the upcoming week

*This should be a day of reflection and rededication. You can do this! 😊

DAY 21

Monday: Upper Body

Warm Up: 10 Minutes

Jumping Jacks

Butt Kicks

High Knees

Lunge Jacks

Toe Touches

Jog in Place

Jump Squats

Push-ups

Cherry Pickers

Plank Jacks

*Complete each exercise for 30 seconds each with no rest in between.

Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Push-ups-15 Tricep Dips-15 Skull Crusher Push-ups-15 Plank Shoulder Taps-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Walking Plank Up Down Planks Burpees Mat Hops Plank with Arm Travel Plank Jack to Push-up Tricep Dips *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 1"

DAY 22

Tuesday: Lower Body

Warm Up: 10 Minutes

Jog
Skaters
Plank Jacks
Straight Jacks
Side to Side Lunges
Ski Jumps
Plank to a T
Jump Rope
Push-ups
Butt Kicks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Air Squats-20 Alternating Lunges-20 Plank with Leg Raises-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Side to Side Lunge Shuffle Air Squat to Alternating Leg Raise 180* Squat Jumps Wall Sits Donkey Kick Right Donkey Kick Left Elbow to Knee Sumo Squat Hold Slow Defensive Slides *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 2"

DAY 23

Wednesday: Low Intensity Cardio

30 Minutes of your choosing:

Walking

Jogging

Swimming

Biking

*Or a combination! Remember to Stretch! This should be a low impact day to let your body heal a little. 😊

DAY 24

Thursday: Core

Warm Up: 10 Minutes

Butt Kicks
Mountain Climbers
Right Knee Ups
Left Knee Ups
Plank Jacks
Jumping Jacks
Plank to a T
High Knees
Ski Jumps
Straight Jacks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Lying Toe Touches-20 Reverse Crunches-20 Knee Slides-20 Leg Raises-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Knee to Opposite Elbow Mountain Climbers In and Out Planks Russian Twists Heel Touches Flutter Kicks Oblique Knee to Elbow Right Side Plank Pull Through Left Side Plank Pull Through *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 3"

DAY 25

Friday: Upper Body

Warm Up: 10 Minutes

Straight Jacks
One Arm Plank Jacks
Mountain Climbers
Butt Kicks
Air Squats
In and Out Planks
Jumping Jacks
Ski Jumps
Jump Rope
Side to Side Lunge Shuffle

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Burpee-15 Up-Down Planks-15 Tricep Push-ups-15 Mat Hops-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Superman Planks Inchworm to Push-up Walking Plank Plank Jack to Arm Travel Hand Release Push-up Tricep Dips Skull Crusher Push-ups *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 4"

DAY 26

Saturday: Lower Body

Warm Up: 10 Minutes

Jog
Jump Rope
Skaters
Butt Kicks
Ski Jumps
Side to Side Lunge Shuffle
Mountain Climbers
Jumping Jacks
In and Out Jump Squats
In and Out Planks

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Side Lunge Right-20 Side Lunge Right-20 Plie Air Squats-20 Glute Bridge Lifts-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Slow Defensive Slides Plank with Alternating Leg Lifts High Knees Knee to Elbow Sumo Squat Hold Air Squat with Alternating Leg Lift Wall Sits Alternating Curtsy Lunges Reverse Plank Alternating Leg Lift *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 5"

DAY 27

Sunday: Rest, Review, and Report

30 Minutes of:

Looking over your goals

Rededicating yourself

Set some new goals

Review your progress

Review your weak areas, make plans to improve

Make your plan for the upcoming week

*This should be a day of reflection and rededication. You can do this! 😊

DAY 28

Monday: Core

Warm Up: 10 Minutes

Jumping Jacks
Plank Jacks
Butt Kicks
Toe Touches
Mountain Climbers
Plank to a T
In and Out Jump Squats
High Knees
Right Knee Ups
Left Knee Ups

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Right Side Plank Pull Through-20 Left Side Plank Pull Through-20 Alternating Leg Raises-20 Lying Toe Touches-20 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Heel Touches Reverse Crunches Leg Raises Hip Dips Oblique Knee to Elbow Crab Crunch Plank Position Body Saw Russian Twist *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 6"

DAY 29

Tuesday: Upper Body

Warm Up: 10 Minutes

Straight Jacks
One Arm Plank Jacks
Mountain Climbers
Butt Kicks
Air Squats
In and Out Planks
Jumping Jacks
Ski Jumps
Jump Rope
Side to Side Lunge Shuffle

*Complete each exercise for 30 seconds each with no rest in between.
Repeat X 2. Rest 1 minute before moving to the AMRAP circuit.

AMRAP: 10 MINUTES	HIIT: 10 MINUTES
Burpee-15 Up-Down Planks-15 Tricep Push-ups-15 Mat Hops-15 *Complete these exercises in succession, then repeat the circuit As Many Rounds As Possible within the 10 minute time frame. Rest 1 minute before moving to the HIIT circuit.	Mountain Climbers Superman Planks Inchworm to Push-up Walking Plank Plank Jack to Arm Travel Hand Release Push-up Tricep Dips Skull Crusher Push-ups *Complete each exercise for 30 seconds with a 10 second rest in between. Repeat X 2.

For video demonstration visit my Youtube Channel at "Shanell Dunn" and look for "30 Minutes for 30 Days: Video 4"

DAY 30

You did it! I'm
SO PROUD of
you!

For video demonstration on stretching visit my Youtube Channel at
"Shanell Dunn" and look for "Head to Toe Post Workout Stretch"

For a special thanks video visit my Youtube Channel at "Shanell Dunn"
and look for "Thank you 30 for 30 Challengers!"