

30 DAY Fat loss challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 jumping jacks	30 seconds of jump rope	30 high knees	15 mountain climbers	15 jumps squats
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10 burpees	30 seconds of sprinting in place	30 front kicks	15 ski jumps	15 crunches
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
30 high knees	30 second plank	10min jump rope	30 jump squats	15 leg lifts
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
30 second flutter kicks	30 mountain climbers	15 burpees	30 high knees	15 jump jacks
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
30 squats	30 seconds of sit ups	30 seconds of sit ups	30 second plank	10min jump rope
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
30 second plank	30 second plank	30 second plank	30 second plank	30 second plank



How To Effectively Lose Weight In 30 Days While Having Fun

L Cohen



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