

Mega Challenge

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Squats:	10	15	20	25	30
Plank:	20 sec	25 sec	30 sec	35 sec	40 sec
Push ups:	5	7	9	11	13
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Squat jump:	10	15	20	25	30
Side plank:	20 sec	25 sec	30 sec	35 sec	40 sec
Push ups:	15	17	19	21	23
	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Pop squat:	10	15	20	25	30
Plank up down:	4	6	8	10	12
Tricep push ups:	5	7	9	11	13
	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Tuck jump:	8	10	12	14	15
Plank jacks:	15	20	30	40	50
Push up rotation:	4	6	8	10	14
	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Sumo squat	15	20	25	20	15
Plank:	45 sec	50 sec	60 sec	40 sec	30 sec
Push ups:	20	15	10	15	20
	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Squat kick:	8	10	12	14	16
Plank taps:	5	7	10	7	5
Tricep push ups:	13	11	9	11	13