

100 DAYS OF MOVEMENT

Challenge



30 Minute Home Exercise



3 x 50
Pushups



3 x 50
Situps



3 x 20
Burpees



3 x 25
Squats



100 DAYS OF MOVEMENT


Challenge

WORKOUT

To Get Flat Abs, Smaller Leg & Arms

ROUND 1

1




HIGH PLANK

3 Sessions

30 Sec each

15 Sec rest

2




BACK PLANK

3 Sessions

30 Sec each

15 Sec rest

3



SIDE PLANK

3 Sessions

30 Sec each

15 Sec rest

4




BACK DIP

3 Sessions

10x Each

15 Sec rest

5



SQUAT

3 Sessions

25x Each

15 Sec rest

ROUND 2

6




SIT UP

3 Sessions

30x Each

45 Sec rest

7




DONKEY KICK

4 Sessions
2 left, 2 right

30x Each

45 Sec rest

8




SUMO LEG STRETCH

1 Session

30x Stretch

45 Sec rest

9




SUMO SQUAT

1 Session

20x Squats

45 Sec rest

10



RUSSIAN TWIST

2 Sessions

25 Sec each

15 Sec rest