



I ❤️ SUMMER 30 DAY CHALLENGE

| WK | NUTRITION | FITNESS | | | | | | |
|----|--|---|--|--|---|--|--|---|
| 1 | Drink one green smoothie per day | Day 1 Push-ups: 5 Plank: 20 sec Squat: 50 | Day 2 Push-ups:5 Plank: 20 sec Squat:55 | Day 3 Push-ups:6 Plank: 30 sec Squat: 60 | Day 4 Push-ups:6 Plank:30 sec Squat: Rest | Day 5 Push-ups:7 Plank: 30 sec Squat: 70 | Day 6 Push-ups: 7 Plank: Rest Squat: 75 | Day 7 Push-ups: 10 Plank: 45 sec Squat: 80 |
| | | Day 8 Push-ups: 10 Plank: 45 sec Squat: 80 | Day 9 Push-ups: 10 Plank: 1 min Squat: 100 | Day 10 Push-ups: 15 Plank: 1 min Squat: 105 | Day 11 Push-ups: 15 Plank: 1 min Squat: 110 | Day 12 Push-ups: 15 Plank: 1.5 sec Squat: Rest | Day 13 Push-ups: Rest Plank: Rest Squat: 130 | Day 14 Push-ups: 10 Plank: 1.5 min Squat: 135 |
| 3 | Get in your fiber! Female - 25 grams Male - 38 grams | Day 15 Push-ups: 13 Plank: 1.5 min Squat: 140 | Day 16 Push-ups: 15 Plank: 2 min Squat: Rest | Day 17 Push-ups: 18 Plank: 2 min Squat: 150 | Day 18 Push-ups: 18 Plank: 2.5 min Squat: 155 | Day 19 Push-ups: 18 Plank: Rest Squat: 160 | Day 20 Push-ups: 20 Plank: 2.5 min Squat: Rest | Day 21 Push-ups: 20 Plank: 2.5 min Squat: 180 |
| | | Day 22 Push-ups: Rest Plank: 3 min Squat: 185 | Day 23 Push-ups: 18 Plank: 3 min Squat: 190 | Day 24 Push-ups: 20 Plank: 3.5 min Squat: Rest | Day 25 Push-ups: 25 Plank: 3.5 min Squat: 220 | Day 26 Push-ups:25 Plank: Rest Squat: 225 | Day 27 Push-ups: 30 Plank: 4 min Squat: 230 | Day 28 Push-ups: 30 Plank: 4min Squat: Rest |
| 4 | NO SUGAR unless from raw or naturally dried fruits (NO agave or honey) | | | | | | | |
| 5 | Pack a healthy lunch. No restaurants. | Day 29 Push-ups: 35 Plank: 4.5 min Squat: 240 | Day 30 Push-ups: 40 Plank: 5min Squat: 250 | Learn more about Total Nutrition Technology at www.tntgetfit.com | | | | |
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