



# 30 Day Strong & Healthy Challenge

## MAY

SU M T W TH F S

						<b>1</b> 5 Minute Standing Abs <input type="checkbox"/>
<b>2</b> 10 Minute Sun Salutation <input type="checkbox"/>	<b>3</b> 20 Minute Leg Strength <input type="checkbox"/>	<b>4</b> 30 Minute Cardio <input type="checkbox"/>	<b>5</b> 15 Minute Dumbbell Routine <input type="checkbox"/>	<b>6</b> 20 Minute Ab Focused Full Body <input type="checkbox"/>	<b>7</b> 15 Minute Legs <input type="checkbox"/>	<b>8</b> 20 Minute Flat Tummy <input type="checkbox"/>
<b>9</b> 8 Minute Gratitude Meditation <input type="checkbox"/>	<b>10</b> 20 Minute Strong Legs <input type="checkbox"/>	<b>11</b> 30 Minute Cardio <input type="checkbox"/>	<b>12</b> 20 Minute Back Workout <input type="checkbox"/>	<b>13</b> 15 Minute Leg + Ab HIIT Routine <input type="checkbox"/>	<b>14</b> 20 Minute Booty with Band <input type="checkbox"/>	<b>15</b> 20 Minute Flat Tummy <input type="checkbox"/>
<b>16</b> 10 Minute Sun Salutation <input type="checkbox"/>	<b>17</b> 20 Minute Leg Strength <input type="checkbox"/>	<b>18</b> 30 Minute Cardio Routine <input type="checkbox"/>	<b>19</b> 15 Minute Dumbbell Routine <input type="checkbox"/>	<b>20</b> 20 Minute Ab Focused Full Body <input type="checkbox"/>	<b>NEW!</b> <b>21</b> 18 Minute Glutes <input type="checkbox"/>	<b>NEW!</b> <b>22</b> 10 Minute Lower Abs <input type="checkbox"/>
<b>23</b> 20 Minute Yoga Routine <input type="checkbox"/>	<b>24</b> 15 Minute Legs <input type="checkbox"/>	<b>NEW!</b> <b>25</b> 20 Minute Body Fat Burn <input type="checkbox"/>	<b>26</b> 20 Minute Back Workout <input type="checkbox"/>	<b>27</b> 15 Minute Legs + Abs HIIT Routine <input type="checkbox"/>	<b>NEW!</b> <b>28</b> 18 Minute Glutes <input type="checkbox"/>	<b>NEW!</b> <b>29</b> 5 Minute Plank Challenge <input type="checkbox"/>
<b>30</b> 5 Minute Breathing <input type="checkbox"/>						