

# 30 Day Challenge- Beginner Program

*This 30 Day Challenge is designed to help you get moving in the right direction. Perform each of the listed tasks over the next 30 days. If you can't complete a task, do the best you can and write down your results so you can track your progress. Completion of the 30 Day Challenge Beginner Program is highly recommended for those who want to participate in the Live Well Clover Fit for Fall class.*

## Air Squats

- A Stand with your legs a little wider than shoulder-width apart. Hold your arms out in front of your body.
- B Slowly bend your knees and squat down until your thighs are parallel to the floor. Do not let your knees extend past your toes.
- Rise up slowly and repeat.



## Push-ups

- A On the floor, go to a high plank position by putting your hands flat on the floor, shoulder-width apart, arms straight, back flat.
- B Bend your elbows and slowly lower your body to the floor, keeping your back straight.

Push yourself back up until arms are straight and repeat.



## Ab Crunches

- A Lay flat on ground, keep your legs in table top, place your hands behind your head, and look straight up. (do not pull on the head/neck)
- B Contract your abs, lift your chest towards knees to get your shoulder blades off the ground, while keeping your neck straight. Touch elbows to knees. Return and repeat.



## Low Plank

Start with your toes together and on the ground. Place your elbows directly under your shoulders and rest your weight on your forearms. Flatten your spine, and press through your elbows to keep your chest from falling forward. Suck your navel into your spine and tighten your abdominals. Look straight down, allowing your neck to stay aligned with your spine.



Option: High Plank

## Injury Prevention Tips

1. It's recommended to start out easy and progress daily to ensure proper strength and form.
2. It's essential that your spine stays level and that you activate your lower abs to protect your low back. If your back or butt starts to dip, stop the plank exercise.
3. Always make sure your wrists or elbows are directly under your shoulders to relieve any shoulder pressure.
4. You should not feel any joint, back or shoulder pain during planks. If you are, it's probably related to your form. Have someone take a picture of you, or ask a personal trainer to review form. Make sure everything is in straight line.

# 30 Day Challenge- Beginner Program

## Day 1

Air Squat- 5 \_\_\_\_\_  
Flat Plank- 20 sec. \_\_\_\_\_  
Push Ups- 5 \_\_\_\_\_  
Crunches- 5 \_\_\_\_\_

## Day 2

Air Squat- 5 \_\_\_\_\_  
Flat Plank- 20 sec \_\_\_\_\_  
Push Ups- 5 \_\_\_\_\_  
Crunches- 5 \_\_\_\_\_

## Day 3

Air Squat- 5 \_\_\_\_\_  
Flat Plank- 30 sec \_\_\_\_\_  
Push Ups- 5 \_\_\_\_\_  
Crunches- 5 \_\_\_\_\_

## Day 4

Air Squat- rest \_\_\_\_\_  
Flat Plank- 30 sec \_\_\_\_\_  
Push Ups- 5 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 5

Air Squat- 5 \_\_\_\_\_  
Flat Plank- 30 sec \_\_\_\_\_  
Push Ups- 5 \_\_\_\_\_  
Crunches- 5 \_\_\_\_\_

## Day 6

Air Squat- 7 \_\_\_\_\_  
Flat Plank- rest \_\_\_\_\_  
Push Ups- 7 \_\_\_\_\_  
Crunches- 7 \_\_\_\_\_

## Day 7

Air Squat- 7 \_\_\_\_\_  
Flat Plank- 35 sec \_\_\_\_\_  
Push Ups- 7 \_\_\_\_\_  
Crunches- 7 \_\_\_\_\_

**2 to 3 times this week:  
run for 1/4 mile and  
walk a 1/4 mile**

## Day 8

Air Squat- rest \_\_\_\_\_  
Flat Plank- 35 sec \_\_\_\_\_  
Push Ups- 8 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 9

Air Squat- 10 \_\_\_\_\_  
Flat Plank- 40 sec \_\_\_\_\_  
Push Ups- 8 \_\_\_\_\_  
Crunches- 8 \_\_\_\_\_

## Day 10

Air Squat- 10 \_\_\_\_\_  
Flat Plank- 40 sec \_\_\_\_\_  
Push Ups- 10 \_\_\_\_\_  
Crunches- 10 \_\_\_\_\_

## Day 11

Air Squat- 12 \_\_\_\_\_  
Flat Plank- 45 sec \_\_\_\_\_  
Push Ups- 12 \_\_\_\_\_  
Crunches- 12 \_\_\_\_\_

## Day 12

Air Squat- rest \_\_\_\_\_  
Flat Plank- 45 sec \_\_\_\_\_  
Push Ups- 12 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 13

Air Squat- 15 \_\_\_\_\_  
Flat Plank- rest \_\_\_\_\_  
Push Ups- rest \_\_\_\_\_  
Crunches- 15 \_\_\_\_\_

## Day 14

Air Squat- 15 \_\_\_\_\_  
Flat Plank- 50 sec \_\_\_\_\_  
Push Ups- 15 \_\_\_\_\_  
Crunches- 15 \_\_\_\_\_

**2 to 3 times this week:  
run for 1/2 mile and  
walk a 1/4 mile**

# 30 Day Challenge- Beginner Program

## Day 15

Air Squat- 15 \_\_\_\_\_  
Flat Plank- 50 sec \_\_\_\_\_  
Push Ups- 18 \_\_\_\_\_  
Crunches- 18 \_\_\_\_\_

## Day 16

Air Squat- rest \_\_\_\_\_  
Flat Plank- 55 sec \_\_\_\_\_  
Push Ups- 20 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 17

Air Squat- 20 \_\_\_\_\_  
Flat Plank- 55 sec \_\_\_\_\_  
Push Ups- 20 \_\_\_\_\_  
Crunches- 20 \_\_\_\_\_

## Day 18

Air Squat- 20 \_\_\_\_\_  
Flat Plank- 60 sec \_\_\_\_\_  
Push Ups- 20 \_\_\_\_\_  
Crunches- 20 \_\_\_\_\_

## Day 19

Air Squat- 22 \_\_\_\_\_  
Flat Plank- rest \_\_\_\_\_  
Push Ups- 22 \_\_\_\_\_  
Crunches- 22 \_\_\_\_\_

## Day 20

Air Squat- rest \_\_\_\_\_  
Flat Plank- 60 sec \_\_\_\_\_  
Push Ups- 25 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 21

Air Squat- 22 \_\_\_\_\_  
Flat Plank- 1:10 min \_\_\_\_\_  
Push Ups- 25 \_\_\_\_\_  
Crunches- 25 \_\_\_\_\_

**2 to 3 times this week:  
run for 3/4 mile and  
walk a 1/4 mile**

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## Day 22

Air Squat- 22 \_\_\_\_\_  
Flat Plank- 1:10 min \_\_\_\_\_  
Push Ups- rest \_\_\_\_\_  
Crunches- 26 \_\_\_\_\_

## Day 23

Air Squat- 25 \_\_\_\_\_  
Flat Plank- 1:15 min \_\_\_\_\_  
Push Ups- 27 \_\_\_\_\_  
Crunches- 27 \_\_\_\_\_

## Day 24

Air Squat- rest \_\_\_\_\_  
Flat Plank- 1:15 min \_\_\_\_\_  
Push Ups- 28 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

## Day 25

Air Squat- 25 \_\_\_\_\_  
Flat Plank- 1:20 min \_\_\_\_\_  
Push Ups- 29 \_\_\_\_\_  
Crunches- 29 \_\_\_\_\_

## Day 26

Air Squat- 26 \_\_\_\_\_  
Flat Plank- rest \_\_\_\_\_  
Push Ups- 30 \_\_\_\_\_  
Crunches- 30 \_\_\_\_\_

## Day 27

Air Squat- 27 \_\_\_\_\_  
Flat Plank- 1:25 min \_\_\_\_\_  
Push Ups- 30 \_\_\_\_\_  
Crunches- 30 \_\_\_\_\_

## Day 28

Air Squat- rest \_\_\_\_\_  
Flat Plank- 1:25 min \_\_\_\_\_  
Push Ups- 30 \_\_\_\_\_  
Crunches- rest \_\_\_\_\_

**2 to 3 times this week:  
run for 1 mile and  
walk a 1/4 mile**

# 30 Day Challenge- Beginner Program

## Day 29

Air Squat- 29 \_\_\_\_\_  
Flat Plank- 1:30 min \_\_\_\_\_  
Push Ups- 30 \_\_\_\_\_  
Crunches- 30 \_\_\_\_\_

## Day 30

Air Squat- 30 \_\_\_\_\_  
Flat Plank- 1:30 min \_\_\_\_\_  
Push Ups- 30 \_\_\_\_\_  
Crunches- 30 \_\_\_\_\_

If you follow the program exactly, after the 30 days, you will have done:

- Air Squat – 379 (approximately 12.6 per day average)
- Flat Plank – 23:40 minutes
- Push Ups – 488 (approximately 16 per day average)
- Crunches – 401 (approximately 13 per day average)

Give yourself a hand!!!

## Add up Your Final Results

Air Squats \_\_\_\_\_  
Flat Plank \_\_\_\_\_  
Push Ups \_\_\_\_\_  
Crunches \_\_\_\_\_  
Miles Walked \_\_\_\_\_  
Miles Ran \_\_\_\_\_

Before beginning any new exercise regimen, especially if you are not used to regular exercise, it is important to consult with your primary care physician. Contact your physician immediately if you experience any symptom of weakness, unsteadiness, light-headedness or dizziness, chest pain, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve.



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