

BAUCH BEINE PO CHALLENGE

1 30 SEC PLANK 	2 20 JUMPING JACKS 	3 10 PUSH UPS 
4 20 SQUATS 	5 20 LIMB RAISES 	6 25 SIT UPS 
7 30 MOUNTAIN CLIMBERS 	8 20 HIGH KNEES 	9 30 LUNGES 
10 25 JUMPING JACKS 	11 15 BURPEES 	12 20 FLUTTER KICKS 
13 15 PUSH UPS 	14 40 LUNGES 	15 40 MOUNTAIN CLIMBERS 
16 30 LIMB RAISES 	17 30 SQUATS 	18 40 HIGH KNEES 
19 35 SIT UPS 	20 40 FLUTTER KICKS 	21 30 BURPEES 
22 40 SQUATS 	23 60 SEC PLANK 	24 50 LUNGES 