

APRIL, 2020 BCCF - 30 - DAY CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10 Push Ups 10 Chair Dips :30 Forearm Plank	2 15 Burpees 30 Sit-Ups	3 10 Push Ups 10 Chair Dips :30 Forearm Plank	4 15 Burpees 30 Sit-Ups
5 <i>REST DAY</i>	6 15 Push Ups 15 Chair Dips 0:45 Forearm Plank	7 20 Burpees 40 Sit-Ups	8 15 Push Ups 15 Chair Dips 0:45 Forearm Plank	9 20 Burpees 40 Sit-Ups	10 <i>REST DAY</i>	11 20 Push Ups 20 Chair Dips 1:00 Forearm Plank
12 25 Burpees 50 Sit-Ups	13 20 Push Ups 20 Chair Dips 1:00 Forearm Plank	14 25 Burpees 50 Sit-Ups	15 <i>REST DAY</i>	16 25 Push Ups 25 Chair Dips 1:15 Forearm Plank	17 30 Burpees 60 Sit-Ups	18 25 Push Ups 25 Chair Dips 1:15 Forearm Plank
19 30 Burpees 60 Sit-Ups	20 <i>REST DAY</i>	21 30 Push Ups 30 Chair Dips 1:30 Forearm Plank	22 35 Burpees 70 Sit-Ups	23 30 Push Ups 30 Chair Dips 1:30 Forearm Plank	24 35 Burpees 70 Sit-Ups	25 <i>REST DAY</i>
26 35 Push Ups 35 Chair Dips 1:45 Forearm Plank	27 40 Burpees 80 Sit-Ups	28 35 Push Ups 35 Chair Dips 1:45 Forearm Plank	29 40 Burpees 80 Sit-Ups	30 40 Push-Ups 100 Sit-Ups 50 Burpees 40 Chair Dips		

*** WORK CAN BE DIVIDED UP HOWEVER DESIRED: E.G. 25 BURPEES, 50 SIT-UPS CAN BE DONE AS 5-SETS 5 BURPEES, 10 SIT-UPS. ***