

# 30 Day Fitness Challenge



Shooting Star Chase  
Children's Hospice Care



## Can you complete our punishing 30 Day Fitness Challenge?

Attempt each day's exercise on your own or with friends, or make a donation to Shooting Star Chase for any day you can't face! If you manage to complete all 30 days then why not make a celebratory donation! Also you're clearly ready to take on one of our challenge events. Head to [shootingstarchase.org.uk/events](http://shootingstarchase.org.uk/events) to find a challenge worthy of you!

<b>Day 1</b> 1 x Plank (Aim for 2 minutes)	<b>Day 2</b> 2 x Wall Sits (1 minute each)	<b>Day 3</b> 3 x Full Burpees	<b>Day 4</b> 4 x Army Crawls (30 seconds each)	<b>Day 5</b> 5 x Press Ups	<b>Day 6</b> 6 x Side Planks (20 seconds each)	<b>Day 7</b> 7 x Tricep Dips	<b>Day 8</b> 8 x Front Lunges
<b>Day 9</b> 9 x Ab Crunches	<b>Day 10</b> 10 x Donkey Kicks (Each leg)	<b>Day 11</b> 11 x Skaters	<b>Day 12</b> 12 x Tuck Jumps	<b>Day 13</b> 13 x Standing Side Ab Crunches	<b>Day 14</b> 14 x Curtsey Lunges	<b>Day 15</b> 15 x Cross Body Punches	<b>Day 16</b> 16 x Single Leg Squats (Each leg)
<b>Day 17</b> 17 x Double Leg Raises	<b>Day 18</b> 18 x Reverse Lunges	<b>Day 19</b> 19 x Russian Twists	<b>Day 20</b> 20 x ½ Press Ups (or full if you dare)	<b>Day 21</b> 21 x Glute Bridges	<b>Day 22</b> 22 x Walking Lunges	<b>Day 23</b> 23 x Squat Jumps	<b>Day 24</b> 24 x Switch Lunges
<b>Day 25</b> 25 x Full Sit Ups	<b>Day 26</b> 26 x High Knees	<b>Day 27</b> 27 x Star Jumps	<b>Day 28</b> 28 x Squats	<b>Day 29</b> 29 x Ab Bicycle Crunches	<b>Day 30</b> 30 x Mountain Climbers		

**For beginners:**  
Complete the daily challenges as presented, 1 per day.

**For intermediates:**  
Complete the daily challenges, PLUS the day before!

**For extreme competitors:**  
Complete the daily challenges, PLUS all others you have previously completed!! (Not for the faint hearted)

