

## 30-day Exercise Plan (Beginner-Moderate)

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's	Saturday's	Sunday's
-Run/walk 30 minutes -5 push ups, 20 second plank, 10 mountain climbers, 15 sit ups, 15 crunches, 15 leg raises, and 40 squats	-Brisk walk on an incline 30 minutes -30 seconds swimmer kicks, 20 second wall sit, 5 burpees, 10 lunges, 30 crunches, and 45 squats	-Run/ walk 30 minutes	-Brisk walk on an incline 30 minutes -7 push ups, 30 second plank, 15 mountain climbers, 25 sit ups, 20 leg raises, and 50 squats	-Rest and 15 minutes stretch session	-Run/walk 30 minutes -10 push ups, 40 second plank, 20 burpees, 20 Russian twist, 30 lunges, 40 sit ups	-Rest and 15 minutes stretch session
<b>WEEK 2</b>			<b>WEEK 2</b>			<b>WEEK 2</b>
-Brisk walk on an incline 30 minutes	-Run/walk 30 minutes -7 push ups, 30 second plank, 15 mountain climbers, 25 sit ups, 30 leg raises, and 50 squats	-Rest and 15 minutes stretch session	-Run/walk 30 minutes -30 seconds swimmer kicks, 40 sec wall sit, 15 burpees, 20 lunges, 30 crunches, and 45 squats	-Brisk walk on an incline 30 minutes -10 push ups, 40 second plank, 20 burpees, 20 Russian twist, 30 lunges, 40 sit ups	-Run/walk 30 minutes -15 push ups, 20 second plank, 10 mountain climbers, 55 sit ups, 55 crunches, 25 leg raises, and 40 squats	-Rest and 15 minutes stretch session
<b>WEEK 3</b>			<b>WEEK 3</b>			<b>WEEK 3</b>
-Run/walk 30 minutes -10 push ups, 40 second plank, 30 mountain climbers, 45 sit ups, 45 crunches, 15 leg raises, and 40 squats	-Run/walk 30 minutes -30 seconds swimmer kicks, 40 second wall sit, 25 burpees, 20 lunges, 40 crunches, and 45 squats	-Brisk walk on an incline 30 minutes -10 push ups, 40 second plank, 20 burpees, 30 Russian twist, 40 lunges, 50 sit ups	-Run/walk 30 minutes	-Run 30 minutes -12 push ups, 60 second plank, 15 mountain climbers, 50 sit ups, 20 leg raises, and 50 squats	-Rest and 15 minutes stretch session	-Rest and 15 minutes stretch session
<b>WEEK 4</b>			<b>WEEK 4</b>			<b>WEEK 4</b>
-Run/walk 30 minutes -15 push ups, 30 second plank, 30 mountain climbers, 30 sit ups, 50 crunches, 20 leg raises, and 55 squats	-Run 30 minutes -15 push ups, 50 second plank, 30 mountain climbers, 50 sit ups, 30 leg raises, and 60 squats	-Run/walk 30 minutes	-Rest and 15 minutes stretch session	-Run 30 minutes -30 seconds swimmer kicks, 60 second wall sit, 15 burpees, 30 lunges, 30 crunches, and 70 squats	-Run/walk 30 minutes -20 push ups, 60 second plank, 30 burpees, 20 Russian twist, 30 lunges, 60 sit ups	-Rest and 15 minutes stretch session