



Day 1 10 Push ups 10 Crunches 10 Squats	Day 2 30 Jumping jacks 15 Lunges Plank 35 sec.	Day 3 Wall sits 1 min 10 Burpees 15 Crunches Butt kicks 1 min	Day 4 30 High Knees 15 Push ups 15 Squats Plank 40 Sec.	Day 5 20 Squat & Jump 20 Donkey Kicks 15 Crunches 35 Jumping Jacks	Day 6 15 Tricep Dips 20 Lunges 20 Bicycle crunches	
Day 7 10 V-sits 15 Burpees 20 Squats 15 Push ups	Day 8 45 Jumping Jacks Plank 45 Sec. 25 Lunges 20 Mountain climbers	Day 9 Wall sit 1 min Butt kicks 1 min 20 Tricep Dips 20 Crunches	Day 10 Butt kicks 1 min 20 Tricep Dips 20 Crunches 15 Burpees	Day 11 15 Abdominal twists 20 Pushups Plank 45 Sec. 25 lunges	Day 12- Cardio 1 Min High knees 1 min Butt kicks 1 Min Burpees 1 Min Jumping Jacks	Day 13 20 Donkey Kicks 20 Bicycle Crunches 20 Tricep Dips 15 Burpees
Day 14 15 V-sits 25 Push ups Plank 45 Sec. 45 Jumping Jacks	Day 15 Wall Sit 1 min 20 Lunges 20 Mountain Climbers High knees 1 min	Day 16 20 Abdominal Twists Plank 45 Sec 25 Tricep dips 20 Donkey kicks	Day 17 Butt kicks 1 min 25 Push ups 25 Crunches 15 Squats	Day 18 25 Squat Jumps 20 V-sits 45 Jumping Jacks 1 min wall sit	Day 19 20 Lunge kicks 20 Burpees 30 High knees 30 Butt kicks	Day 20 -Cardio 1 Min Jumping Jacks 1 Min Burpees 1 Min High knees 1 min Butt
Day 21 Wall sits 1 min Side plank 30 Sec. 30 Push ups 30 Crunches	Day 22 20 Burpees 20 Bicycle Crunches 24 Tricep Dips 20 Lunge Kicks	Day 23 130 Mountain Climbers 25 Donkey Kicks Plank 45 Sec. 45 Jumping Jack	Day 24 30 Crunches Side plank 30 Sec. 25 Squat Jumps 30 Push ups	Day 25 25 Sec. Plank 25 Crunches 25 Push Ups 25 Burpees	Instructions- Complete the daily workouts and challenge 3 of your friends. K-3 once a day, 4-6 twice a day, 7-9 3 times a day, 10-12 4 times a day	

THIS ROYAL CHALLENGE