



SEPTEMBER 30 DAY CHALLENGE

With Summer slowing down, NOW is the perfect time to hit the RESET button!

THE CHALLENGE

The point of this challenge is to have a daily reminder on how easy it is to fit in 10 min worth of exercise. If you can do this, you can defiantly do 3-4 days a week at 30-40 min. Once it becomes a habit, you will find your groove! Use the chart on the next page to get started!

THE PROOF

You must take a pic or video and tag Laura Dalsanto / Bella Diva Fitness at least 1x per week on Facebook or Instagram

THE WINNERS

Those who complete the challenge will get to choose bewteen:
Training session or Nutrition consult and i won protein chips

www.BellaDivaFitness.com



SEPTEMBER 30 DAY CHALLENGE

<p>1</p> <p>1 min high knees 1 min jumping jacks 1 min rest 5 sets</p>	<p>2</p> <p>20 sec squats 20 sec sit-ups 20 sec squats 1 min rest 10 sets</p>	<p>3</p> <p>10 minutes your choice! (walk, run, dance, what- ever, just MOVE!)</p>	<p>4</p> <p>40 sec squats 20 sec shoulder taps 1 min rest 7 sets finish: 3 min squats</p>	<p>5</p> <p>20 sec high knees 20 sec climbers 20 sec high knees 1 min rest 10 sets</p>
<p>6</p> <p>1 min sit-ups 1 min flutter kicks 2 min rest 5 sets</p>	<p>7</p> <p>30 sec burpees 30 sec squat hold 30 sec rest 6 sets</p>	<p>8</p> <p>30 sec jumping jacks 30 sec plank jacks 1 min rest 5 sets finish: 3 min jacks</p>	<p>9</p> <p>20 sec squats 20 sec punches 20 sec squats 1 min rest 10 sets</p>	<p>10</p> <p>1 min climbers 1 min flutter kicks 2 min rest 5 sets</p>
<p>11</p> <p>10 minutes your choice! (walk, run, dance, what- ever, just MOVE!)</p>	<p>12</p> <p>20 sec high knees 20 sec jumping jacks 20 sec high knees 1 min rest 10 sets</p>	<p>13</p> <p>30 sec punches 30 sec shoulder taps 1 min rest 7 sets finish: 3 min punches</p>	<p>14</p> <p>1 min squats 1 min flutter kicks 2 min rest 5 sets</p>	<p>15</p> <p>30 sec burpees 30 sec squat hold 30 sec rest 6 sets</p>
<p>16</p> <p>1 min jumping jacks 1 min punches 2 min rest 4 sets finish: 2 min sit-ups</p>	<p>17</p> <p>20 sec high knees 20 sec climbers 20 sec high knees 1 min rest 10 sets</p>	<p>18</p> <p>40 sec squats 20 sec shoulder taps 1 min rest 7 sets finish: 3 min squats</p>	<p>19</p> <p>10 minutes your choice! (walk, run, dance, what- ever, just MOVE!)</p>	<p>20</p> <p>30 sec high knees 30 sec climbers 30 sec high knees 30 sec plank jacks 2 min rest 5 sets</p>
<p>21</p> <p>20 sec squats 20 sec sit-ups 20 sec flutter kicks 1 min rest 10 sets</p>	<p>22</p> <p>1 min jumping jacks 1 min high knees 2 min rest 4 sets finish: 2 min climbers</p>	<p>23</p> <p>30 sec burpees 30 sec squat hold 30 sec rest 6 sets</p>	<p>24</p> <p>40 sec squats 20 sec shoulder taps 1 min rest 7 sets finish: 3 min squats</p>	<p>25</p> <p>1 min jumping jacks 1 min rest 10 sets</p>
<p>26</p> <p>30 sec high knees 30 sec flutter kicks 30 sec high knees 30 sec sit-ups 2 min rest 5 sets</p>	<p>27</p> <p>10 minutes your choice! (walk, run, dance, what- ever, just MOVE!)</p>	<p>28</p> <p>40 sec punches 20 sec shoulder taps 1 min rest 7 sets finish: 3 min punches</p>	<p>29</p> <p>1 min sit-ups 1 min flutter kicks 2 min rest 5 sets</p>	<p>30</p> <p>30 sec burpees 30 sec squat hold 30 sec rest 6 sets</p>