



Welcome to TRAP FIT Coachings 30-Day Full Body Exercise Challenge (Beginner)

Please feel free to make moderations. You can do kneeling push-ups or reduce reps if need be. Just take note so you know how many you managed. Next week's goal is to improve. Remember, it's you against you, you've got this!



No equipment needed. Focus on form over speed.



Goal: Improve strength, endurance, and mobility!

Week 1: Build the Habit (Light Intensity)

- ✓ **Day 1** – 10 Squats | 10 Push-ups | 20-Second Plank
- ✓ **Day 2** – 12 Lunges (each leg) | 15 Glute Bridges | 15-Second Wall Sit
- ✓ **Day 3** – 10 Squats | 10 Push-ups | 20-Second Plank
- ✓ **Day 4** – 12 Lunges (each leg) | 15 Glute Bridges | 15-Second Wall Sit
- ✓ **Day 5** – 10 Jumping Jacks | 10 Squats | 10 Push-ups
- ✓ **Day 6** – 30-Second Jog in Place | 12 Lunges | 10 Sit-ups
- ✓ **Day 7** – Rest Day

Week 2: Increasing Stamina

- ✓ **Day 8** – 15 Squats | 12 Push-ups | 25-Second Plank
- ✓ **Day 9** – 15 Lunges (each leg) | 20 Glute Bridges | 20-Second Wall Sit
- ✓ **Day 10** – 10 Squat Jumps | 12 Push-ups | 30-Second High Knees
- ✓ **Day 11** – 20-Step Side Steps | 15 Glute Bridges | 15 Sit-ups
- ✓ **Day 12** – 12 Squat Jumps | 15 Push-ups | 20-Second Plank
- ✓ **Day 13** – 15 Lunges | 10 Burpees | 10 Sit-ups
- ✓ **Day 14** – Rest Day



Week 3: More Strength & Core Focus

- ✓ **Day 15** – 20 Squats | 15 Push-ups | 30-Second Plank
- ✓ **Day 16** – 20 Lunges (each leg) | 25 Glute Bridges | 25-Second Wall Sit
- ✓ **Day 17** – 15 Squat Jumps | 15 Push-ups | 40-Second High Knees
- ✓ **Day 18** – 25-Step Side Steps | 20 Glute Bridges | 20 Sit-ups
- ✓ **Day 19** – 15 Burpees | 20 Push-ups | 25-Second Plank
- ✓ **Day 20** – 20 Lunges | 15 Burpees | 20 Sit-ups
- ✓ **Day 21** – Rest Day

Week 4: Final Push!

- ✓ **Day 22** – 25 Squats | 20 Push-ups | 35-Second Plank
- ✓ **Day 23** – 25 Lunges (each leg) | 30 Glute Bridges | 30-Second Wall Sit
- ✓ **Day 24** – 20 Squat Jumps | 20 Push-ups | 50-Second High Knees
- ✓ **Day 25** – 30-Step Side Steps | 30 Glute Bridges | 25 Sit-ups
- ✓ **Day 26** – 20 Burpees | 25 Push-ups | 30-Second Plank
- ✓ **Day 27** – 25 Lunges | 20 Burpees | 30 Sit-ups
- ✓ **Day 28** – Rest Day

Final Days: Challenge Yourself!

- ✓ **Day 29** – 30 Squats | 25 Push-ups | 40-Second Plank
- ✓ **Day 30** – 30 Lunges | 25 Burpees | 40 Sit-ups

🎉 **CONGRATS! You finished the challenge!** 🎉

Upload your progress, seek motivation and show off your achievements in our TRAP FIT Coaching Facebook group. It's a great place to chat with like-minded people who will help support you on your fitness journey.