



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

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!

💡 *This challenge focuses on strength, endurance, and mobility. Push yourself but maintain good form!*

📅 **Goal:** Improve muscle definition, endurance, and overall fitness!

Week 1: Building a Strong Foundation

- ✅ **Day 1** – 20 Squats | 15 Push-ups | 40-Second Plank
 - ✅ **Day 2** – 20 Lunges (each leg) | 25 Glute Bridges | 30-Second Wall Sit
 - ✅ **Day 3** – 20 Jump Squats | 15 Push-ups | 45-Second High Knees
 - ✅ **Day 4** – 20 Step-Back Lunges | 30 Glute Bridges | 20 Sit-ups
 - ✅ **Day 5** – 15 Burpees | 20 Push-ups | 35-Second Plank
 - ✅ **Day 6** – 40-Second Jog in Place | 20 Lunges | 25 Sit-ups
 - ✅ **Day 7** – Rest Day
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Week 2: Increasing Intensity & Endurance

- ✅ **Day 8** – 25 Squats | 18 Push-ups | 45-Second Plank
 - ✅ **Day 9** – 25 Lunges (each leg) | 35 Glute Bridges | 35-Second Wall Sit
 - ✅ **Day 10** – 25 Jump Squats | 18 Push-ups | 50-Second High Knees
 - ✅ **Day 11** – 25 Step-Back Lunges | 40 Glute Bridges | 25 Sit-ups
 - ✅ **Day 12** – 20 Burpees | 22 Push-ups | 40-Second Plank
 - ✅ **Day 13** – 25 Lunges | 20 Burpees | 30 Sit-ups
 - ✅ **Day 14** – Rest Day
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Week 3: Strength & Core Burn

- ✓ **Day 15** – 30 Squats | 20 Push-ups | 50-Second Plank
 - ✓ **Day 16** – 30 Lunges (each leg) | 40 Glute Bridges | 40-Second Wall Sit
 - ✓ **Day 17** – 30 Jump Squats | 20 Push-ups | 60-Second High Knees
 - ✓ **Day 18** – 30 Step-Back Lunges | 45 Glute Bridges | 30 Sit-ups
 - ✓ **Day 19** – 25 Burpees | 25 Push-ups | 45-Second Plank
 - ✓ **Day 20** – 30 Lunges | 25 Burpees | 35 Sit-ups
 - ✓ **Day 21** – Rest Day
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Week 4: Maximum Effort 🔥

- ✓ **Day 22** – 35 Squats | 25 Push-ups | 55-Second Plank
 - ✓ **Day 23** – 35 Lunges (each leg) | 50 Glute Bridges | 45-Second Wall Sit
 - ✓ **Day 24** – 35 Jump Squats | 25 Push-ups | 70-Second High Knees
 - ✓ **Day 25** – 40 Step-Back Lunges | 50 Glute Bridges | 40 Sit-ups
 - ✓ **Day 26** – 30 Burpees | 30 Push-ups | 50-Second Plank
 - ✓ **Day 27** – 35 Lunges | 30 Burpees | 45 Sit-ups
 - ✓ **Day 28** – Rest Day
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Final Days: Champion Mode 💪🔥

- ✓ **Day 29** – 40 Squats | 30 Push-ups | 60-Second Plank
- ✓ **Day 30** – 40 Lunges | 35 Burpees | 60 Sit-ups

🎉 **YOU DID IT! Now set your next fitness goal and keep going!** 🎉

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.