

Woche 1 September		Woche 2 Oktober		Woche 3 Oktober		Woche 4 Oktober		Woche 5 Oktober	
Walken		Walken		Walken		Walken		Walken	
Schwimmen		Schwimmen		Schwimmen		Schwimmen		Schwimmen	
Ausdauer		Ausdauer		Ausdauer		Ausdauer		Ausdauer	
Ausdauer		Ausdauer		Ausdauer		Ausdauer		Ausdauer	
Ausdauer		Ausdauer		Ausdauer		Ausdauer		Ausdauer	

Sa	So	Mo	Di	Mi	Do	Fr								
50 Squats 40 Crunches 10 Leg Raises 20s Plank 15 Triceps dips	1	55 Squats 50 Crunches 15 Leg Raises 25s Plank 20 Triceps dips	2	60 Squats 60 Crunches 20 Leg Raises 30s Plank 25 Triceps dips	3	Restday	4	70 Squats 70 Crunches 25 Leg Raises 35s Plank 30 Triceps dips	5	75 Squats 80 Crunches 30 Leg Raises 40s Plank 35 Triceps dips	6	80 Squats 90 Crunches 35 Leg Raises 45s Plank 40 Triceps dips	7	Woche 1
Restday	8	90 Squats 100 Crunches 40 Leg Raises 50s Plank 45 Triceps dips	9	95 Squats 110 Crunches 45 Leg Raises 60s Plank 50 Triceps dips	10	100 Squats 120 Crunches 50 Leg Raises 70s Plank 55 Triceps dips	11	Restday	12	110 Squats 125 Crunches 60 Leg Raises 80s Plank 60 Triceps dips	13	120 Squats 130 Crunches 70 Leg Raises 90s Plank 65 Triceps dips	14	Woche 2
130 Squats 135 Crunches 80 Leg Raises 100s Plank 70 Triceps dips	15	Restday	16	150 Squats 140 Crunches 90 Leg Raises 110s Plank 75 Triceps dips	17	160 Squats 145 Crunches 100 Leg Raises 120s Plank 80 Triceps dips	18	175 Squats 150 Crunches 105 Leg Raises 130s Plank 85 Triceps dips	19	Restday	20	190 Squats 155 Crunches 110 Leg Raises 30s Plank 90 Triceps dips	21	Woche 3
200 Squats 160 Crunches 115 Leg Raises 150s Plank 95 Triceps dips	22	210 Squats 165 Crunches 120 Leg Raises 160s Plank 100 Triceps dips	23	Restday	24	220 Squats 170 Crunches 125 Leg Raises 170s Plank 110 Triceps dips	25	225 Squats 175 Crunches 130 Leg Raises 180s Plank 120 Triceps dips	26	230 Squats 180 Crunches 135 Leg Raises 190s Plank 130 Triceps dips	27	Restday	28	Woche 4
240 Squats 190 Crunches 140 Leg Raises 195s Plank 140 Triceps dips	29	250 Squats 200 Crunches 150 Leg Raises 200s Plank 150 Triceps dips	30	250 Squats 200 Crunches 150 Leg Raises 200s Plank 150 Triceps dips	31									Woche 5

1 5 lateral lunges 10 scissors 5 fire hydrants 5 plie squat pulses	2 8 lateral lunges 15 scissors 8 fire hydrants 8 plie squat pulses	3 10 lateral lunges 20 scissors 10 fire hydrants 10 plie squat pulses	4 REST DAY	5 15 lateral lunges 30 scissors 12 fire hydrants 12 plie squat pulses	6 20 lateral lunges 40 scissors 15 fire hydrants 15 plie squat pulses	7 25 lateral lunges 50 scissors 18 fire hydrants 20 plie squat pulses
8 REST DAY	9 30 lateral lunges 55 scissors 20 fire hydrants 30 plie squat pulses	10 35 lateral lunges 60 scissors 22 fire hydrants 40 plie squat pulses	11 40 lateral lunges 65 scissors 25 fire hydrants 50 plie squat pulses	12 REST DAY	13 45 lateral lunges 75 scissors 28 fire hydrants 60 plie squat pulses	14 50 lateral lunges 80 scissors 30 fire hydrants 70 plie squat pulses
15 55 lateral lunges 85 scissors 32 fire hydrants 80 plie squat pulses	16 REST DAY	17 60 lateral lunges 90 scissors 35 fire hydrants 90 plie squat pulses	18 65 lateral lunges 100 scissors 38 fire hydrants 95 plie squat pulses	19 70 lateral lunges 105 scissors 40 fire hydrants 100 plie squat pulses	20 REST DAY	21 75 lateral lunges 110 scissors 42 fire hydrants 110 plie squat pulses
22 80 lateral lunges 115 scissors 45 fire hydrants 120 plie squat pulses	23 85 lateral lunges 120 scissors 48 fire hydrants 125 plie squat pulses	24 REST DAY	25 90 lateral lunges 125 scissors 50 fire hydrants 130 plie squat pulses	26 95 lateral lunges 130 scissors 52 fire hydrants 135 plie squat pulses	27 100 lateral lunges 135 scissors 55 fire hydrants 140 plie squat pulses	28 REST DAY
29 110 lateral lunges 140 scissors 65 fire hydrants 145 plie squat pulses	30 120 lateral lunges 150 scissors 75 fire hydrants 150 plie squat pulses	30-day THIGH challenge by Jodi Higgs				



Lateral Lunges



Scissors



Fire Hydrants



Plie Squat Pulses

* The number of lateral lunges and fire hydrants indicate the number *per side*

* Modify the above exercises as needed to suit your individual fitness level:

Add some weights to the lunges and the squat pulses if you like. Break into smaller sets as needed or increase number of repetitions if further challenge is sought.

* The difference between your body this month and next month is what you do over the next 30 days to achieve your goals. Take the challenge.

Follow us at: <https://www.facebook.com/jodi.higgs.56>