

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

20 MINUTE WORKOUT

30 JUMPING JACKS

10 RAINBOWS (EACH LEG)

5 BURPEES WITH PUSHUP

10 JUMP SQUATS

20 MOUNTAIN CLIMBERS

10 TRICEP DIPS

30 BICYCLES

10 LUNGE KICKS (EACH LEG)

10 SIT UPS

30 SECOND PLANK

**Repeat until you reach 20 minutes, 2-4 times*