

# Endurance training 30 day workout challenge

1 <b><u>Endurance 70 Total Sculpt</u></b> (33 mins) <b><u>No Excuses Sculpt</u></b> (25 mins)	2 <b><u>Endurance 70 Up and Down</u></b> (33 mins) <b><u>Total 20 Dynamic Flow</u></b> (24 mins)	3 <b><u>Low High Fusion</u></b> (29 mins) <b><u>Endurance 70 Mostly Lower</u></b> (31 mins)	4 <b>Active Rest day</b> Stretch Light Cardio	5 <b><u>Endurance 70 Cardio Box Sculpt</u></b> (31 mins) <b><u>Low High Strong Body</u></b> (28 mins)	6 <b><u>Slider Squats and More</u></b> (35 mins) <b><u>Ankle Weight Abs</u></b> (29 mins)	7 <b>Active Rest day</b> Stretch Light Cardio
8 <b><u>Endurance 80 Body Burner</u></b> (36 mins) <b><u>Standing Barre Thighs</u></b> (26 mins)	9 <b><u>Endurance 80 Take it Off</u></b> (36 mins) <b><u>Crunch Variations</u></b> (25 mins)	10 <b><u>Slide and Box</u></b> (30 mins) <b><u>Ankle Weight Inner Thighs</u></b> (32 mins)	11 <b>Active Rest day</b> Stretch Light Cardio	12 <b><u>Endurance 80 Add it On</u></b> (36 mins) <b><u>Upper Band and weights</u></b> (27 mins)	13 <b><u>Endurance 80 Full Body</u></b> (36 mins) <b><u>Garden Back of Leg</u></b> (23 mins)	14 <b>Active Rest day</b> Stretch Light Cardio
15 <b><u>Fitmas Day 1</u></b> (48 mins) <b><u>Target 10 Abs</u></b> (12 mins)	16 <b><u>Fitmas Day 2</u></b> (52 mins) <b><u>Target 10 Quads</u></b> (12 mins)	17 <b><u>Fitmas Day 3</u></b> (48 mins) <b><u>Target 10 Arms</u></b> (11 mins)	18 <b>Active Rest day</b> Stretch Light Cardio	19 <b><u>Fitmas Day 4</u></b> (47 mins) <b><u>Target 10 Outer Thighs</u></b> (11 mins)	20 <b><u>Fitmas Day 5</u></b> (48 mins) <b><u>Target 10 Back</u></b> (11 mins)	21 <b>Active Rest day</b> Stretch Light Cardio
22 <b><u>Endurance 90 Cardio Sculpt</u></b> (39 mins) <b><u>Standing Barre Pretzel</u></b> (22 mins)	23 <b><u>Endurance 90 Total Body</u></b> (40 mins) <b><u>Target 20 Thighs</u></b> (23 mins)	24 <b><u>Slide and Loop</u></b> (36 mins) <b><u>Standing Barre Abs</u></b> (34 mins)	25 <b>Active Rest day</b> Stretch Light Cardio	26 <b><u>E 90 Handstand Variations</u></b> (41 mins) <b><u>100 Rep Glutes</u></b> (23 mins)	27 <b><u>Endurance 90 Lower</u></b> (40 mins) <b><u>Standing Barre Arms</u></b> (21 mins)	28 <b>Active Rest day</b> Stretch Light Cardio
29 <b><u>Slider Intervals</u></b> (28 mins) <b><u>Ankle Weight Outer Thighs</u></b> (40 mins)	30 <b><u>Mat Functional Training</u></b> (47 mins) <b><u>Target 10 Glutes</u></b> (12 mins)	<b><u>instructions</u></b> This plan is designed as a guideline only. It is important to listen to your body, if you are too sore to do the next day's workouts then you can switch your rest days around or even take extra rest days. If you don't have some of the equipment you can either improvise with what you have or switch it for another workout of roughly the same duration. Depending on your fitness level and workout preference, you might want to add cardio or another toning workout which focuses on a different muscle group to increase the challenge.				

