

# **Trek Fitness 30-Day Challenge**

<https://moscowstakeyouth.wordpress.com/trek/>

<http://trek.moscowstake.org/>

<https://www.instagram.com/moscowstaketrek2k17>

<https://www.facebook.com/moscowidldsstakeyouthandfriends>

Day 1	Day 2	Day 3	Day 4	Day 5
Push-ups: 10	Sabbath day:	Push-ups: 11	Push-ups: 12	Run/Walk:
Squats: 15	Restful walk	Lunges: 15	Squats: 17	1 mile
Crunches: 15		Crunches: 20	Crunches: 25	

Day 6	Day 7	Day 8	Day 9	Day 10
Push-ups: 14	Push-ups: 15	Push-ups: 16	Sabbath day:	Push-ups: 17
Squats: 20	Lunges: 20	Squats: 23	Restful walk	Lunges: 23
Crunches: 30	Crunches: 35	Crunches: 40		Crunches: 45

Day 11	Day 12	Day 13	Day 14	Day 15
Push-ups: 18	Push-ups: 19	Run/Walk:	Push-ups: 21	Push-ups: 22
Squats: 26	Lunges: 26	1.5 miles	Lunges: 30	Squats: 33
Crunches: 50	Crunches: 55		Crunches: 65	Crunches: 70

Day 16	Day 17	Day 18	Day 19	Day 20
Sabbath day:	Push-ups: 23	Push-ups: 24	Run/Walk:	Push-ups: 26
Restful walk	Lunges: 33	Squats: 37	2 miles	Squats: 40
	Crunches: 75	Crunches: 80		Crunches: 90

Day 21	Day 22	Day 23	Day 24	Day 25
Push-ups: 27	Push-ups: 28	Sabbath day:	Push-ups: 29	Push-ups: 30
Lunges: 40	Squats: 45	Restful walk	Lunges: 45	Squats: 50
Crunches: 95	Crunches: 100		Crunches: 105	Crunches: 110

Day 26	Day 27	Day 28	Day 29	Day 30
Push-ups: 31	Run/Walk:	Push-ups: 33	Push-ups: 34	Sabbath day:
Lunges: 50	3 miles	Lunges: 60	Squats: 65	Restful walk
Crunches: 115		Crunches: 125	Crunches: 130	