

Name:

Start Date:

30 DAY SPLITS CHALLENGE

www.30dayfitnesschallenges.com

DAY 1 1 MIN HOLD

DAY 2 1.10 MIN HOLD

DAY 3 1.20 MIN HOLD

DAY 4 1.30 MIN HOLD

DAY 5 1.40 MIN HOLD

DAY 6 1.50 MIN HOLD

DAY 7 2 MIN HOLD

DAY 8 2.10 MIN HOLD

DAY 9 2.20 MIN HOLD

DAY 10 2.30 MIN HOLD

DAY 11 2.40 MIN HOLD

DAY 12 2.50 MIN HOLD

DAY 13 3 MIN HOLD

DAY 14 3.10 MIN HOLD

DAY 15 3.20 MIN HOLD

DAY 16 3.30 MIN HOLD

DAY 17 3.40 MIN HOLD

DAY 18 3.50 MIN HOLD

DAY 19 4 MIN HOLD

DAY 20 4.10 MIN HOLD

DAY 21 4.20 MIN HOLD

DAY 22 4.30 MIN HOLD

DAY 23 4.40 MIN HOLD

DAY 24 4.50 MIN HOLD

DAY 25 5 MIN HOLD

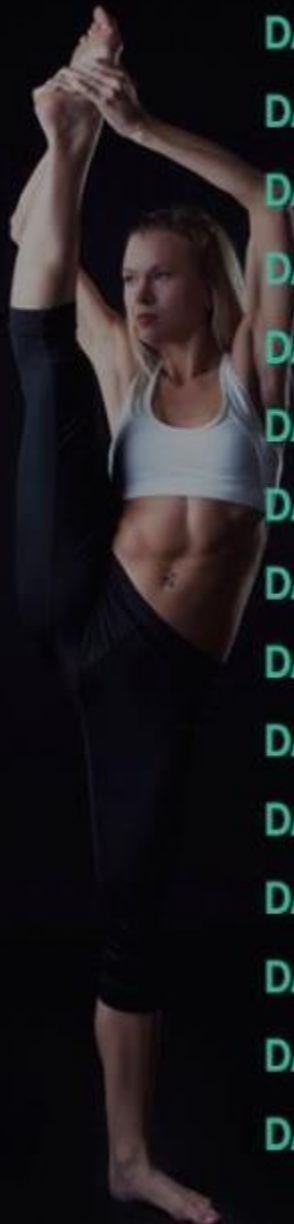
DAY 26 5.10 MIN HOLD

DAY 27 5.20 MIN HOLD

DAY 28 5.30 MIN HOLD

DAY 29 5.40 MIN HOLD

DAY 30 6 MIN HOLD



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