

# 30-DAY GET HEALTHY CHALLENGE

30-Days to a better you!

## #MOMHEALTHYCHALLENGE

**30 Minutes Total Body Shape Up!**

Complete each round for 5 minutes total; non-stop! Rest 1 minute in between rounds.

**You will need: a pair of dumbbells & a timer**

ROUND 1: 15 repetitions of all exercises

Dumbbell bicep curls  
Dumbbell Tricep kickbacks  
Dumbbell shoulder press  
Pushups

ROUND 2: 20 repetitions of all exercises

Dumbbell alternating forward lunges  
Dumbbell squats  
Dumbbell donkey kicks, 10 per leg  
Squat jumps or air squats

ROUND 3: 15 repetitions of all exercises

Dumbbell chest flyes (on floor)  
Dumbbell chest press (on floor)  
Tricep dips (on couch, stairs, or chair)  
Mountain climbers, 30 reps total

ROUND 4: 20 repetitions of all exercises

Dumbbell side lunge, 10 per leg  
Dumbbell woodchoppers, 10 per side  
Dumbbell upright rows  
Wide stand squat holding dumbbell

ROUND 5: 15 repetitions of all exercises

Crunches  
Leg lifts  
Toe-touch crunch  
Bicycle crunch