

5. WORK OUT WITH YOUR BODY WEIGHT

When it comes to fitness, there are a few key moves that you could use to build a stronger, healthier body, even if they were the only things you did. Body weight exercises are amazing and a fantastic resource if you are low on time and don't have access to a gym. If you don't know how to do an exercise, go to www.maybeiwill.com/challengesbook for instructions.

So if you want to challenge yourself and push yourself a little bit more each day without the need for a fancy gym membership or equipment, this simple challenge is right up your alley.

SQUATS—Will help to tone your legs and, of course, that tush! Some variations to try over the next 30 days:

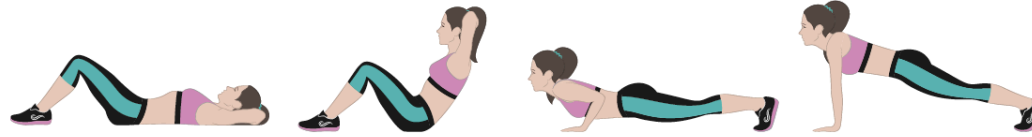
- Plie Squats
- Sumo Squats
- Prison Squats
- Basic Squats
- Squat Pulses
- Squat Jumps
- Wall Squats

LUNGES—They don't get quite the glory of squats, but these lovelies are great for toning your whole leg. Some variations to try:

- Front Lunges
- Reverse Lunges
- Side Lunges
- Walking Lunges
- Curtsy Lunge
- Clock Lunges

SIT-UPS—These may seem pretty basic, but they're great for building a strong core. If you need some extra help, you can sneak your toes under a couch until you can manage without using the couch.

PUSH-UPS—In my humble opinion, these are one of the best overall exercises that pretty much targets everything. Start with modified push-ups if needed, from your knees or supported by a wall or other surface, working up to do one or two on your toes, and then keep challenging yourself to do more and more full push-ups. You may surprise yourself!



Day 1:	10 Squats, 5 Sit-Ups	Day 16:	50 Lunges, 20 Push-Ups
Day 2:	10 Lunges, 5 Push-Ups	Day 17:	55 Squats, 22 Sit-Ups
Day 3:	20 Squats	Day 18:	55 Lunges, 22 Push-Ups
Day 4:	20 Lunges, 10 Sit-Ups	Day 19:	60 Squats, 24 Sit-Ups
Day 5:	25 Squats, 10 Push-Ups	Day 20:	60 Lunges, 24 Push-Ups
Day 6:	25 Lunges	Day 21:	65 Squats, 26 Sit-Ups
Day 7:	30 Squats, 12 Sit-Ups	Day 22:	65 Lunges, 26 Push-Ups
Day 8:	30 Lunges, 12 Push-Ups	Day 23:	70 Squats, 28 Sit-Ups
Day 9:	35 Squats, 14 Sit-Ups	Day 24:	70 Lunges, 28 Push-Ups
Day 10:	35 Lunges, 14 Sit-Ups	Day 25:	75 Squats, 30 Sit-Ups
Day 11:	40 Squats, 16 Sit-Ups	Day 26:	75 Lunges, 30 Push-Ups
Day 12:	40 Lunges, 16 Push-Ups	Day 27:	80 Squats, 32 Sit-Ups
Day 13:	45 Squats, 18 Sit-Ups	Day 28:	80 Lunges, 32 Push-Ups
Day 14:	45 Lunges, 18 Push-Ups	Day 29:	85 Squats, 35 Sit-Ups
Day 15:	50 Squats, 20 Sit-Ups	Day 30:	85 Lunges, 35 Push-Ups

By the end of 30 days, you'll be amazed that you can do 85 squats, 85 lunges, 35 sit-ups, and 35 push-ups. I know you can do it!

21. ACCELERATE INTO APRIL

Don't let April showers rain all over your goals! Most of the exercises below can be done indoors.

Note: While the workout plans here indicate the last two days of the week for play and rest, respectively, adjust your workouts as needed so those days fall on weekends if it is most convenient for your schedule. You'll need light dumbbells and a jump rope to complete many of the exercises. For exercises performed on both the right and left side of the body, like lunges, do the number of reps indicated on both sides before continuing. If you don't know how to do an exercise, go to www.maybeiwill.com/challengesbook for instructions.

Day 1: Chest and Triceps

1. Push-Ups (10 to 12 reps)
2. Skull Crushers (10 to 12 reps)
3. Chest Presses (10 to 12 reps)
4. Diamond Push-Ups (10 to 12 reps)

Day 2: Cardio (Repeat 2 or 3 times)

1. Jumping Rope (30 to 60 seconds); rest 10 seconds
2. Jumping Rope (30 to 60 seconds); rest 10 seconds

Day 3: Back and Biceps

1. 7s (3 sets)
2. Bent-Over Rows (10 to 12 reps)
3. Hammer Curls (10 to 12 reps)
4. Supermans (10 to 12 reps)

Day 4: Cardio (Repeat 2 or 3 times)

1. Skaters (10 to 12 reps)
2. Jumping Lunges (10 to 12 reps)
3. Inch Worms (10 to 12 reps)
4. Skaters (10 to 12 reps)

Day 5: Legs

1. Step-Ups (10 to 12 reps)
2. Deadlifts (10 to 12 reps)
3. Lunges (10 to 12 reps)
4. Sumo Squats (10 to 12 reps)

Day 6: Be Active

Grab a basketball and play PIG or HORSE.

Day 7: Rest Day

Day 8: Abs and Shoulders

1. Swimmers (100 counts)
2. Overhead Presses (10 to 12 reps)
3. Roll-Ups (10 to 12 reps)
4. Milk Pours (10 to 12 reps)

Day 9: Cardio (Repeat 2 or 3 times)

1. Froggers (10 to 12 reps)
2. Four Squares (30 to 60 seconds)
3. Jump Squats (10 to 12 reps)
4. Froggers (10 to 12 reps)

Day 10: Chest and Triceps

1. Chest Flies (10 to 12 reps)
2. Triceps Dips (10 to 12 reps)
3. Incline Push-Ups (10 to 12 reps)
4. Overhead Triceps Extensions (10 to 12 reps)

Day 11: Cardio (Repeat 2 or 3 times)

1. Burpees (30 to 60 seconds); rest 10 seconds
2. Burpees (30 to 60 seconds); rest 10 seconds

Day 12: Back and Biceps

1. W Biceps Curls (10 to 12 reps)
2. Seated Rows (10 to 12 reps)
3. Biceps Curls (10 to 12 reps)
4. Lat Pulls (10 to 12 reps)

Day 13: Be Active

Try a dance class.

Day 14: Rest

Day 15: Leg

1. Donkey Kicks (10 to 12 reps)
2. Fire Hydrants (10 to 12 reps)
3. Deadlifts (10 to 12 reps)
4. Side Lunges (10 to 12 reps)

Day 16: Cardio (Repeat 2 or 3 times)

1. Inch Worms (10 to 12 reps)
2. Windmills (10 to 12 reps)
3. Surrenders (10 to 12 reps)
4. Jumping Jacks (30 to 60 seconds)

Day 17: Abs and Shoulders

1. Crunches (20 to 30 reps)
2. Shoulder Shrugs (10 to 12 reps)
3. Criss Crosses (10 to 12 reps)
4. Weighted Arm Circles (10 to 12 reps)

Day 18: Cardio (Repeat 2 or 3 times)

1. Jumping Rope (30 to 60 seconds); rest 10 seconds
2. Jumping Rope (30 to 60 seconds); rest 10 seconds

Day 19: Chest and Triceps

1. Chest Presses (10 to 12 reps)
2. Triceps Kickbacks (10 to 12 reps)
3. Push-Ups (10 to 12 reps)
4. Diamond Push-Ups (10 to 12 reps)

Day 20: Be Active

Pack a picnic and head outside.



Day 21: Rest Day

Day 22: Back and Biceps

1. Hammer Curls (10 to 12 reps)
2. Supermans (10 to 12 reps)
3. Concentration Curls (10 to 12 reps)
4. Bent-Over Flies (10 to 12 reps)

Day 23: Cardio (Repeat 2 or 3 times)

1. Jumping Jacks (20 to 30 seconds)
2. Burpees (10 to 12 reps)
3. Mountain Climbers (10 to 12 reps)
4. Windmills (10 to 12 reps)

Day 24: Legs

1. Reverse Lunges (10 to 12 reps)
2. Sumo Squats (10 to 12 reps)
3. Step-Ups (10 to 12 reps)
4. Curtsy Squats (10 to 12 reps)

Day 25: Cardio (Repeat 2 or 3 times)

1. Four Squares (30 to 60 seconds)
2. Inch Worms (10 to 12 reps)
3. Four Squares (30 to 60 seconds)
4. Inch Worms (10 to 12 reps)

Day 26: Abs and Shoulders

1. V-Ups (10 to 12 reps)
2. Upright Rows (10 to 12 reps)
3. Starfishes (10 to 12 reps)
4. V Raises (10 to 12 reps)

Day 27: Be Active

Go roller blading!

Day 28: Rest Day

Day 29: Chest and Triceps

1. Incline Push-Ups (10 to 12 reps)
2. Skull Crushers (10 to 12 reps)
3. Chest Flies (10 to 12 reps)
4. Triceps Dips (10 to 12 reps)

Day 30: Cardio (Repeat 2 or 3 times)

1. Kickboxing Kicks (20 to 30 seconds)
2. Squat Thrusts (10 to 12 reps)
3. Ladders (10 to 12 reps)
4. Crab Walks (20 to 30 seconds)