



## **30 X 30 CHALLENGE**

### **DAY 1**

Day 1- let's start as we mean to go on... 5 sets of 10 squats, press ups, star jumps and plank for as long as you can!

### **DAY 2**

As many rounds as possible in 8 minutes of- 20 shadow punches, 10 lunges, 10 crunches rest for 2 minutes and do this 2 or 3 times depending on how much time you've got

### **DAY 3**

So we've started strong- today let's mix it up with 20-30 minutes of cardio (walk, jog, cycle)

### **DAY 4**

30 seconds of work, 30 seconds rest of  
1) high knees 2) wall sit 3) tricep dips 4) squats or squat jumps  
Do this 3-5 times depending on how you're feeling or time available

### **DAY 5**

Stair climb- aim to do 10 flights of stairs throughout today! Whether that's in your apartment block, work office, even the steps by Dubai Marina- find some steps and climb them. 1 flight = 13 steps so 10 flights = 130 steps!

### **DAY 6**

"Core Workout"- 100 bicycle crunches, 100 flutter kicks, 100 heel touches- plank for as long as you can. Then do 80 of each, 60 of each, 40 of each and 20 of each

### **DAY 7**

60 seconds of 5 exercises x 3 or 4 sets- 1) shadow punches 2) sit ups/crunch 3) pressups on knees or toes 4) heel flicks 5) squat hold

### **DAY 8**

20 reps of 6 exercises x 3 or 4 sets- 1) Lunges 2) Side lunges 3) Mountain Climbers 4) High knees 5) Russian Twists 6) Star Jumps

### **DAY 9**

30-60 minute walk- find somewhere nice to walk and take some scenic pictures to remind yourself how well you're doing

### **DAY 10**

30 second wall sit then 20 squats x 4 sets  
30 second plank hold then 10 pressups x 4 sets  
30 second skaters then 30 seconds fast feet x 4 sets

## DAY 11

20-30 minute yoga, pilates or meditation session

## DAY 12

10 squats- 1 flight of stairs (no stairs do 20 high knees)  
10 lunges- 1 flight of stairs (no stairs do 20 high knees)  
10 tricep dips- 1 flight of stairs (no stairs do 20 high knees)  
10 burpees- 1 flight of stairs (no stairs do 20 high knees)  
x 3 or 4 sets

## DAY 13

Upper body workout- 10 reps x 3 sets of each exercise

1) Pressups 2) Arm scissors 3) Plank position shoulder taps 4) Tricep Dips 5) Arm circles  
6) Plank hold for as long as you can

## DAY 14

Time to cycle!! Either your own bike, a hired bike or a static bike in a gym- 20-30 minutes.  
If you're out on a bike go cycle somewhere scenic, along the palm maybe or down the coastal road. If you're on a stationary bike, get a youtube video on your phone of somewhere you'd like to visit, maybe the cold coast of Australia or the South of France.

## DAY 15

We're halfway!! Take today to reflect how well you're doing with a 20-30 minute yoga, pilates or meditation session.

## DAY 16

Lower Body focus today-

60 seconds of each exercise, then 40, then 20- REPEAT IF YOU WANT THE BURN

1) Glute Bridges 2) Sumo squats (feet just wider than a normal squat) 3) Reverse Lunges  
4) Side lunges 5) Wall sit 6) Curtsy Lunge

## DAY 17

Family/friends day- Grab a workout partner whether that's a friend, work colleague, parent and do something together. Whether that's a long walk, a fun ski session in Ski Dubai, a group exercise class at a gym or even repeating one of the workouts from a previous day.

## DAY 18

Spell your name day- either just your first name, or your first middle and last name for more of a challenge...

### SPELL YOUR NAME

#### WORKOUT CHALLENGE

<b>A</b> - 50 Jumping Jacks	<b>N</b> - 40 Jumping Jacks
<b>B</b> - 20 Crunches	<b>O</b> - 25 Burpees
<b>C</b> - 30 Squats	<b>P</b> - 15 Arm Circles
<b>D</b> - 15 Push ups	<b>Q</b> - 30 Crunches
<b>E</b> - 1 min wall sit	<b>R</b> - 15 Push ups
<b>F</b> - 10 Burpees	<b>S</b> - 30 Burpees
<b>G</b> - 20 Arm Circles	<b>T</b> - 15 Squats
<b>H</b> - 20 Squats	<b>U</b> - 3 min wall sit
<b>I</b> - 30 Jumping Jacks	<b>V</b> - 20 Burpees
<b>J</b> - 15 Crunches	<b>W</b> - 60 Jumping Jacks
<b>K</b> - 10 Push ups	<b>X</b> - 10 Crunches
<b>L</b> - 2 min wall sit	<b>Y</b> - 20 Push ups
<b>M</b> - 20 Burpees	<b>Z</b> - 10 Squats

## **DAY 19**

Yesterday was fun wasn't it- today we're going to do 3 x 8 Minute AMRAPs (as many rounds as possible in 8 minutes).

- 1) 10 squat jumps, 10 reverse lunges, 10 situps, 20 shadow punches
- 2) 10 pressups, 10 tricep dips, 10 leg raises, 20 shadow punches
- 3) 10 high knees, 10 heel flicks, 10 crunches, 20 shadow punches

## **DAY 20**

Cardio Circuit- let's get that heart rate up. 60 seconds of 4 exercises, 1 minute recovery x 4 sets

- 1) Fast feet 2) Star jumps 3) Burpees 4) Shuttle runs in your house/garden/balcony

## **DAY 21**

Full body workout- 20 mountain climbers, 15 squats, 10 jump lunges, 10 tricep dips, 50 flutter kicks x 5 sets

## **DAY 22**

Another day of stairs I'm afraid! After day 5 where we aimed for 10 flights, today we're going to double that and aim to do 20 flights. It doesn't have to be at once, but just throughout the day. GOOD LUCK!

## **DAY 23**

"Water Bottle Workout"- grab 2 water bottles, or weights if you've got them!  
15 reps x 4 sets of each exercise

- 1) Shoulder press 2) Bicep curls 3) Frontal raise 4) Lunges with weights

## **DAY 24**

With just 7 days to go (today inclusive) it's time to kickstart our final week with a mini HIIT workout... 40 seconds of an exercise with 20 secs rest x 5 sets of each

- 1) Squat jumps 2) Mountain climbers 3) Burpees 4) Star jumps 5) Skaters

## **DAY 25**

After yesterday's HIIT workout take today and do a 20 minute yoga flow along with a short walk round your favourite part of Dubai.

## **DAY 26**

Today we've got a 20 minute AMRAP (as many rounds as possible in 20 minutes)  
10 jump lunges, 20 star jumps, 10 pressups, 5 burpees- JUST KEEP GOING FOR 20 MINUTES

## **DAY 27**

100 rep challenge- 5 x 20 reps of each exercise

- 1) Sumo Squats 2) High knees 3) Shadow Punches 4) Flutter kicks 5) Mountain Climbers

## **DAY 28**

3 days to go!! Let's start to ramp up the intensity for your final 3 days- have fun with this lower body circuit x 5 sets

- 1) 10 Lunges 2) 10 Squats 3) 10 glute bridges 4) Wall sit until failure

## DAY 29

2 days to go!! Find somewhere with some steps or a single step...

3 sets of 20 step ups, 20 high knees, 20 jump lunges

3 sets of 15 step ups, 15 squats, 15 tricep dips

3 sets of 10 step ups, 10 star jumps, 10 burpees

## DAY 30

YOUR FINAL DAY- Let's go out on a high- Today try and do something completely different along with this workout. If you've never been a runner why not try a 5 minute jog, see how you get on! If you do like running, complete today's workout along with a run which challenges you. Today's workout is

- 100 high knees
- 90 bicycle crunches
- 80 star jumps
- 70 skaters
- 60 second wall sit
- 50 second plank
- 40 lunges
- 30 crunches
- 20 squats
- 10 burpees

**A HUGE CONGRATULATIONS FOR GETTING TO THE END OF YOUR  
DUBAI 30 X 30 FITNESS CHALLENGE.**

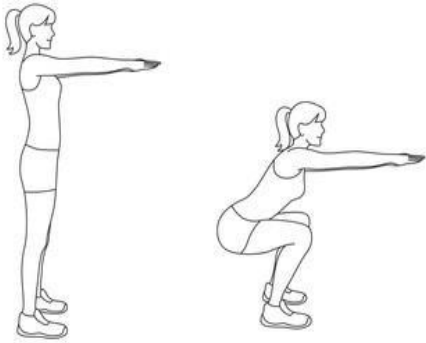
**THIS WASN'T EASY BUT YOU'VE SMASHED IT SO WELL DONE YOU.**

**IF YOU ENJOYED THIS AND WANT SOME MORE **FITNESS ADVICE**,  
**PERSONAL TRAINING** OR FANCY GIVING ONE OF OUR **GROUP**  
**EXERCISE CLASSES** A GO, DROP OUR HEAD OF FITNESS LYNDSEY A  
MESSAGE ON **0585995484** OR EMAIL [FITNESS@ISMSPORTS.ORG](mailto:FITNESS@ISMSPORTS.ORG)**



## EXERCISE GLOSSARY-

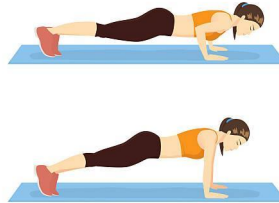
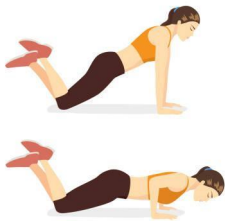
### SQUATS



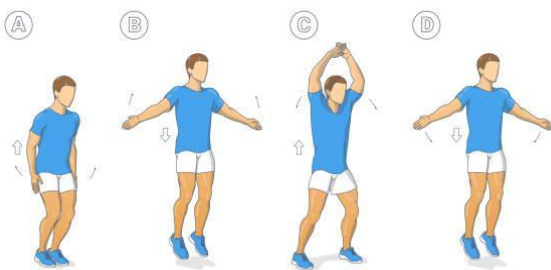
### SUMO SQUATS



### PRESSUPS- 2 variations



### STAR JUMPS



### TRICEP DIPS



### PLANK



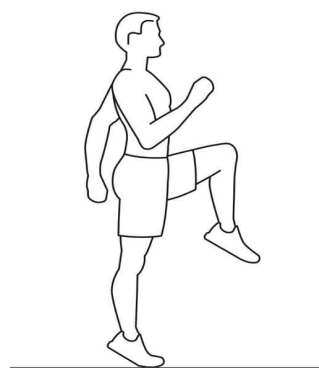
### CRUNCHES



## BURPEES



## HIGH KNEES



## HEEL FLICKS



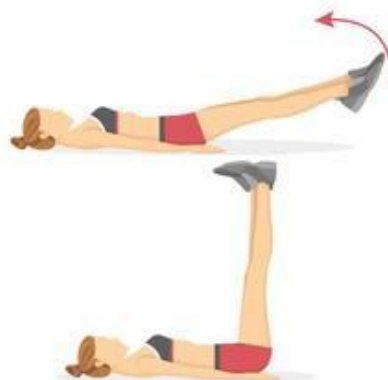
## BICYCLE CRUNCHES



## FLUTTER KICKS



## LEG RAISES



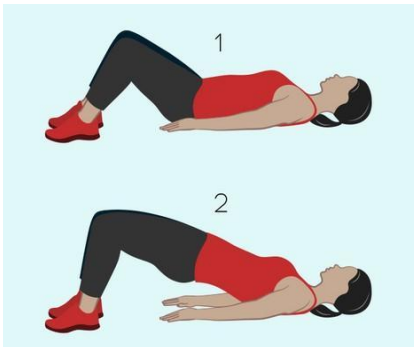
## LUNGES



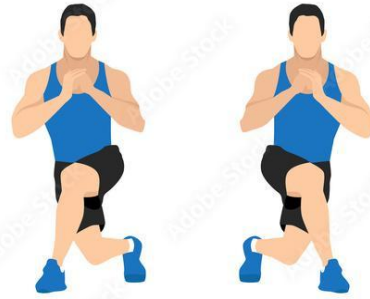
## WALL SIT



## GLUTE BRIDGE



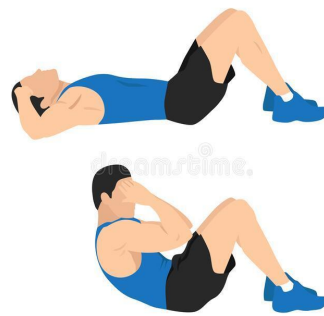
## CURTSY LUNGES



## SHADOW PUNCHES



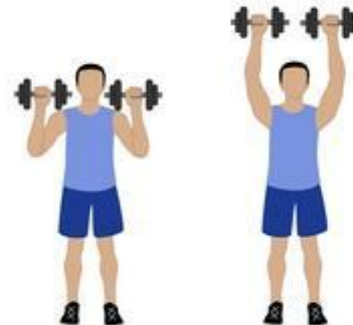
## SIT UPS



## SKATERS



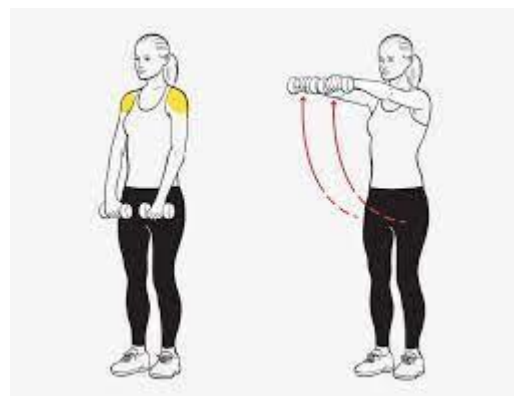
## SHOULDER PRESS



## BICEP CURLS

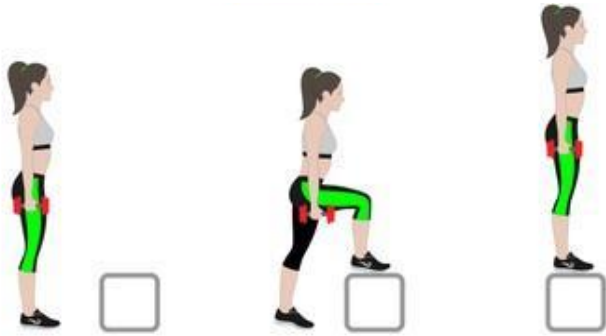


## FRONTAL RAISE





## STEP UPS



## SIDE LUNGES



## HEEL TOUCHES





Day	Activity	Completed
1	Squats, press ups, start jumps plank	Y/N Time for Plank _____.
2	Shadow Punches, Lunges and Crunches	Y/N How many rounds _____.
3	Cardio (Walk, Jog or Cycle)	Y/N What was your cardio _____.
4	High knees, wall sit, tricep dips, squats or squat jumps	Y/N How many Rounds _____.
5	Step Climb	Y/N How many steps _____.
6	Bicycle crunches, flutter kicks, heel touches- plank (100, 80, 60, 40)	Y/N Time for Plank _____.
7	Shadow punches, sit ups/crunch, pres sups, heel flicks, squat hold	Y/N How many rounds _____.
8	Lunges, Side lunges, Mountain Climbers, High knees, Russian Twists, Star Jumps	Y/N How many rounds _____.
9	30 minute walk	Y/N Where did you walk _____.
10	Wall sit, Plank, Pressups, Skaters, Fast Feet	Y/N What was your favourite? _____.
11	Yoga/Meditation/Pilates Session	Y/N What did you do to relax? _____.
12	Squats, Lunges, Tricep dips, Burpees, Flights of stairs	Y/N How many sets? _____.
13	Press ups, Arm Scissor, Plank Shoulder taps, Tricep dips, Arm Circles, Plank	Y/N Time for plank _____.
14	Cycle time	Y/N Where did you cycle? _____.
15	Yoga/Meditation/Pilates Session	Y/N What did you do to relax? _____.
16	Glute Bridges, Sumo Squats, Reverse/side/curtsy Lunges, Wall sit	Y/N How many did you manage? _____.
17	Grab a partner and do something exciting	Y/N What did you do? _____.
18	Spell you name and do the exercises	Y/N Long or short name? _____.
19	AMRAPs - As many reps as possible	Y/N How many rounds? _____.
20	Fast Feet, Star Jumps, Burpees, Shuttle Runs	Y/N Whats your Fav? _____.
21	Mountain Climbers, Squats, Jump Lunges, tricep dips, Flutter Kicks	Y/N Did you manage 5 sets? _____.
22	STAIRS!! 20 Flights!	Y/N Did you manage in 30 mins? _____.
23	Water Bottle Workout - Shoulder Biceps, Curls, Frontal Raise, Lunges	Y/N Did you do 4 sets _____.
24	HIIT-Squat jumps, Mountain climbers, Burpees, Star jumps, Skaters	Y/N Did you get all 5 sets? _____.
25	Yoga with short walk	Y/N Did you relax? _____.
26	AMRAPs - As many reps as possible	Y/N How many rounds? _____.
27	Sumo Squat, High knees, Shadow punch, Flutter, Mountain Climbers	Y/N Did you manage 100? _____.
28	Lunges, Squats, Glute Bridges, Wall sit	Y/N How long did you wall sit? _____.
29	Step up and squat, lunge and crunch	Y/N How many sets? _____.
30	High Knees,Crunches, Star jumps, Wall sit, Lunges, Squats, burpees, Skaters	Y/N Did you manage a run? _____.

**I declare that I have completed the above 30 days challenge to its fullest and to the best of my ability.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name