



30-day workout plan



DAY	WORKOUT
Day 1	Cardio: 30 minutes of steady paced walking, cycling, cross-trainer, jogging, rowing, swimming or any other cardiovascular exercise of your choice.
Day 2	Ab workout: pick four of the eight exercises and perform two sets of 15 repetitions of each (one upper abs, one lower abs, one core and one side muscles).
Day 3	Rest
Day 4	Cardio: 30 minutes of steady paced walking, cycling, jogging or other cardio exercise of your choice.
Day 5	Ab workout: pick four of the eight exercises and perform two sets of 15 repetitions of each.
Day 6	Rest
Day 7	Cardio: 30 minutes of steady paced walking, cycling, jogging or other cardio exercise of your choice.
Day 8	Cardio: 10 mins of steady paced cardio. 10 mins of interval training, 1 min fast, 1 min slow, repeat. 30 mins of steady paced cardio.
Day 9	Ab workout: pick four of the eight exercises and perform three sets of 15 repetitions of each.
Day 10	Rest
Day 11	Cardio: 10 mins of steady paced cardio. 10 mins of interval training, 1 min fast, 1 min slow. 30 mins of steady paced cardio.
Day 12	Ab workout: pick four of the eight exercises and perform three sets of 15 repetitions of each.
Day 13	Rest
Day 14	Cardio: 10 mins of steady paced cardio. 10 mins of interval training, 1 min fast, 1 min slow. 30 mins of steady paced cardio.
Day 15	Cardio: 5 mins of steady paced cardio. 20 mins of interval training, 1 min fast, 1 min slow. 5 mins of steady paced cardio.
Day 16	Ab workout: pick four of the eight exercises and perform two sets of 20 repetitions of each.
Day 17	Rest
Day 18	Cardio: 5 mins of steady paced cardio. 20 mins of interval training, 1 min fast, 1 min slow. 5 mins of steady paced cardio.

Day 19	Ab workout: pick four of the eight exercises and perform two sets of 20 repetitions of each exercise.
Day 20	Rest
Day 21	Cardio: 5 mins of steady paced cardio. 20 mins of interval training, 1 min fast, 1 min slow. 5 mins of steady paced cardio.
Day 22	Cardio: 5 mins of steady paced cardio. 10 mins of interval training, 2 mins fast, 2 mins slow. 5 mins of steady paced cardio.
Day 23	Ab workout: pick four of the eight exercises and perform three sets of 20 repetitions of each.
Day 24	Rest
Day 25	Cardio: 5 mins of steady paced cardio. 10 mins of interval training 2 mins fast, 2 mins slow. 5 mins of steady paced cardio.
Day 26	Ab workout: pick four of the eight exercises and perform three sets of 20 repetitions of each.
Day 27	Rest
Day 28	Cardio: 5 mins of steady paced walking. 10 mins of interval training, 2 mins fast, 2 mins slow. 5 mins of steady paced cardio.
Day 29	Ab workout: pick four of the eight exercises and perform three sets of 20 repetitions of each.
Day 30	<p>Final day: do the workout below followed by a celebratory trip to the shops to buy yourself a new outfit! Congratulations!</p> <p>Cardio: 5 mins of steady paced cardio. 10 mins of interval training, 2 mins fast, 2 mins slow. 5 mins of steady paced cardio.</p> <p>Afterwards: don't give up, keep going and the results will keep coming!</p>