



Welcome to the MyFitSuite 30 Day FitBody Challenge!

**This is a bodyweight
workout - no equipment
necessary.**

***Consult with your doctor or healthcare
provider before starting any new workout
regimen, especially if you have any
underlying health conditions or concerns.**

WEEK 1: FOUNDATION

This week, let's focus on building a strong foundation. Take extra time each workout to focus on form and technique.

Tips:

- **Perform exercises slowly and deliberately**
- **Use a mirror or record yourself to check your form**
- **Concentrate on breathing and engaging the correct muscles**



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30 Day FitBody Challenge

Lower Body/Core

1

Squats

3x15

Planks

3x20 Sec

Glute Bridges

3x12

Upper Body/Core

2

Wall Pushups

3x15

Planks

3x20 Sec

Superman Lifts

3x12



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30 Day FitBody Challenge

Active Recovery

3

20 – 30 Minute Walk

Lower Body/Core

4

Lunges

3x15

Side Planks

3x20 Sec

Donkey Kicks

3x12



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30 Day FitBody Challenge

5

Upper Body/Core

Incline Pushups

3x15

Bicycle Crunches

3x20 Sec

Tricep Dips

3x12

6

Full Body

Bodyweight Squats

3x15

Hollow Holds

3x20 Sec

Bird Dogs

3x12

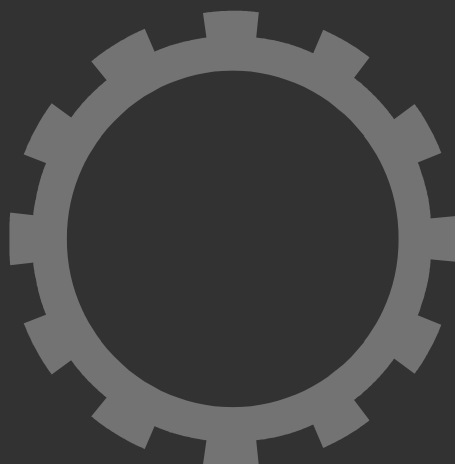


30 Day FitBody Challenge

Rest Day

7

REST



WEEK 2: STRENGTH AND STABILITY

This week, let's focus on enhancing our strength and stability. Add isometric holds at the end of each set for added intensity.

Tips:

- For squats, hold the bottom position for 10-15 seconds**
- For pushups, hold the halfway down position for 10-15 seconds**
- For lunges, hold the bottom position for 10-15 seconds each leg**



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30 Day FitBody Challenge

8

Lower Body/Core

Squats

3x20

Planks

3x30 Sec

Glute Bridges

3x15

9

Upper Body/Core

Wall Pushups

3x20

Planks

3x30 Sec

Superman Lifts

3x15



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30 Day FitBody

Active Recovery

10

20 – 30 Minute Walk

Lower Body/Core

11

Lunges

3x20

Side Planks

3x30 Sec

Donkey Kicks

3x15



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30 Day FitBody Challenge

12

Upper Body/Core

Incline Pushups

3x20

Bicycle Crunches

3x30 Sec

Tricep Dips

3x15

13

Full Body

Bodyweight Squats

3x20

Hollow Holds

3x30 Sec

Bird Dogs

3x15



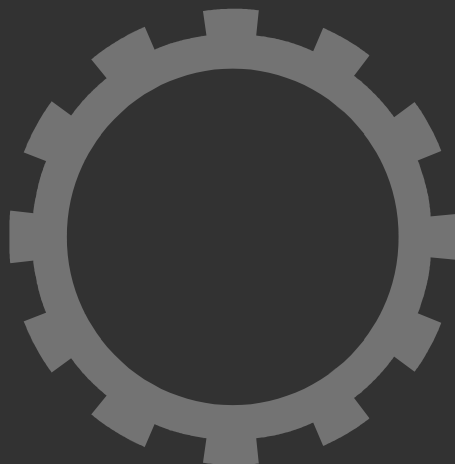
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30 Day FitBody Challenge

Rest Day

14

REST



WEEK 3: ENDURANCE AND BALANCE

This week, let's boost our endurance and balance through mindfulness and breathing exercises.

Tips:

- **Practice deep, controlled breathing during exercise**
- **Focus on body awareness and balance in each movement**
- **Try short daily meditation or breathing exercises to improve overall mind-body connection**



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30 Day FitBody Challenge

15

Lower Body/Core

Squats

3x25

Planks

3x40 Sec

Glute Bridges

3x18

16

Upper Body/Core

Wall Pushups

3x25

Planks

3x40 Sec

Superman Lifts

3x18



MyFitSuite

30 Day FitBody Challenge

Active Recovery

17

20 – 30 Minute Walk

Lower Body/Core

18

Lunges

3x25

Side Planks

3x40 Sec

Donkey Kicks

3x18



MyFitSuite

30 Day FitBody Challenge

19

Upper Body/Core

Incline Pushups

3x25

Bicycle Crunches

3x40 Sec

Tricep Dips

3x18

20

Full Body

Bodyweight Squats

3x25

Hollow Holds

3x40 Sec

Bird Dogs

3x18

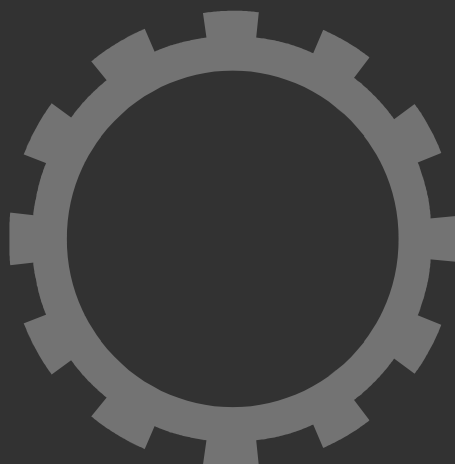


30 Day FitBody Challenge

Rest Day

21

REST



WEEK 4: POWER AND FLEXIBILITY

This week, let's focus on enhancing power and flexibility by adding dynamic movements to our warm ups.

Tips:

- Perform movements like leg swings, arm circles, and walking lunges before workouts**
- Spend 5-10 minutes on dynamic stretching to increase blood flow and flexibility**



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30 Day FitBody Challenge

22

Lower Body/Core

Squats

3x30

Planks

3x50 Sec

Glute Bridges

3x20

23

Upper Body/Core

Wall Pushups

3x30

Planks

3x50 Sec

Superman Lifts

3x20



MyFitSuite

30 Day FitBody Challenge

Active Recovery

24

20 – 30 Minute Walk

Lower Body/Core

25

Lunges

3x30

Side Planks

3x50 Sec

Donkey Kicks

3x20



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30 Day FitBody Challenge

26

Upper Body/Core

Incline Pushups

3x30

Bicycle Crunches

3x50 Sec

Tricep Dips

3x20

27

Full Body

Bodyweight Squats

3x30

Hollow Holds

3x50 Sec

Bird Dogs

3x20



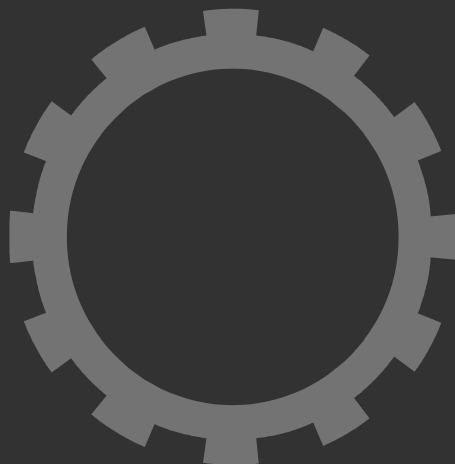
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30 Day FitBody Challenge

Rest Day

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REST





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30 Day FitBody Challenge

29

Lower Body/Core

Squats

4x25

Planks

4x1 Min

Glute Bridges

4x20

30

Upper Body/Core

Wall Pushups

4x25

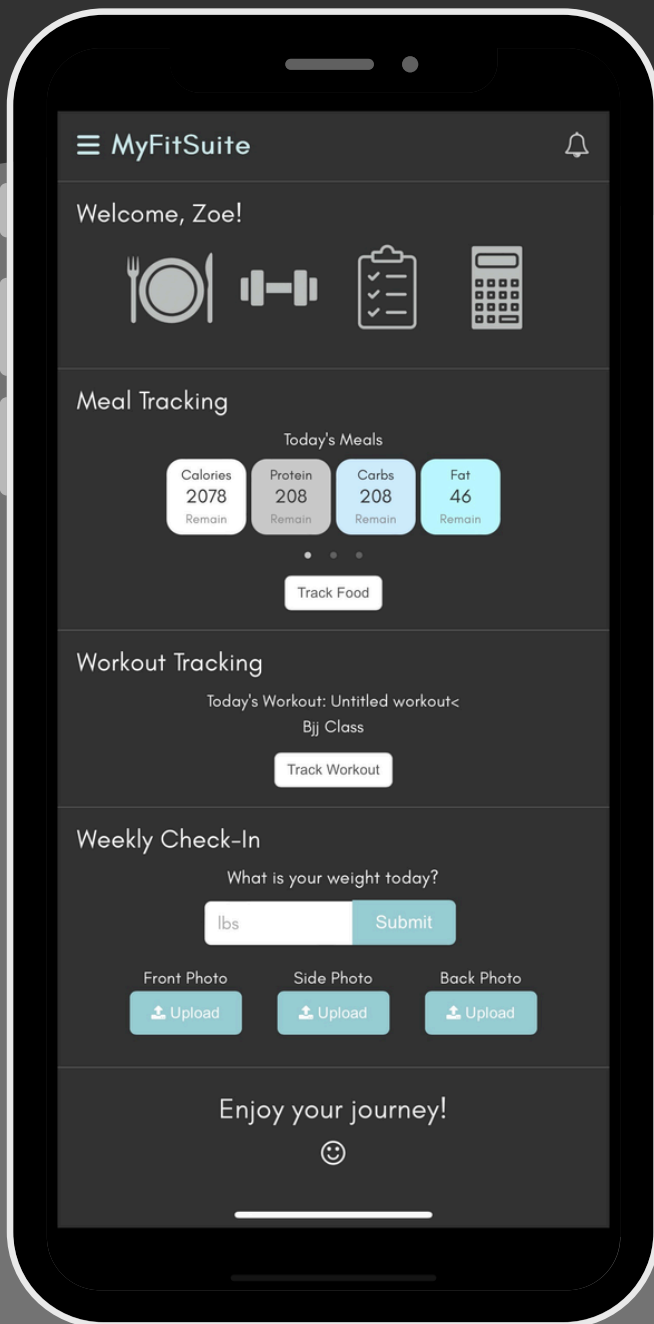
Planks

4x1 Min

Superman Lifts

4x20

Stay on track with MyFitSuite



Track macros,
workouts,
progress, and
more!

Start 7 Day Free Trial