

20 Day Fitness Challenge for Beginners

Monday	Tuesday	Wednesday	Thursday	Friday
Walk at least 7,000 steps	Do as many pushups as you can	Get in 20 minutes of cardio	Lift weights today	Workout for 25 minutes
Complete a 15-20 min ab workout	Walk 9,000 steps today	Lift weights today	Complete 20 minutes of yoga	Create a quick nightly workout routine
Get in 20 minutes of cardio	Walk at least 10,000 steps	Get in 20 minutes of cardio	Lift weights today	Go on a hike or brisk walk
Walk at least 12,000 steps	Run stairs/bleachers	Workout 20 minutes with your kids/family	Lift weights today	Try to do at least 20 squats