

BWLW's 30 Day Exercise Challenge #bwlw30



1
 Workout
 Rest Day

2
 Workout
 Rest Day

3
 Workout
 Rest Day

4
 Workout
 Rest Day

5
 Workout
 Rest Day

Goal: Work out 5 days a week. Your choice of exercise.

6
 Workout
 Rest Day

7
 Workout
 Rest Day

8
 Workout
 Rest Day

9
 Workout
 Rest Day

10
 Workout
 Rest Day

11
 Workout
 Rest Day

12
 Workout
 Rest Day

13
 Workout
 Rest Day

14
 Workout
 Rest Day

15
 Workout
 Rest Day

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16
 Workout
 Rest Day

17
 Workout
 Rest Day

18
 Workout
 Rest Day

19
 Workout
 Rest Day

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 Workout
 Rest Day

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 Rest Day

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 Workout
 Rest Day

29
 Workout
 Rest Day

30
 Workout
 Rest Day

