

30-DAY EVRIFIT CHALLENGE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	BICEPS & BACK: Resistance Band Set Bicep Curls (1 min) Lat Pulldowns (1 min) Cable Rows (1 min) Cable Pulls (1 min) Face Pulls (1 min)	LEGS & GLUTES: Resistance Band Set Hip Abductions (L/R) (90 sec) Hip Adductions (L/R) (90 sec) Side Lunges (L/R) (1 min) Donkey Kicks (L/R) (1 min) Stiff Leg Deadlifts (1 min)	CHEST & TRICEPS: Resistance Band Set Triceps Pulldowns (1 min) Triceps Extensions (1 min) RB Push Up (1 min) Cable Chest Flies (1 min) Cable Chest Press (1 min)	PILATES & CORE: Pilates Ring Shoulder Bridge (40 sec) Russian Twists (40 sec) Side Leg Lifts (L/R) (1 min) Feet-Hand Pass Off (1 min) The Hundred (40 sec)
TUESDAY	LEGS & GLUTES: Loop Resistance Bands Squats (30 sec) Curtsey Lunges (L/R) (1 min) Leg Lifts (L/R) (1 min) Fire Hydrants (L/R) (1 min) Hip Bridges (1 min)	FULL BODY: Yoga & Exercise Pads Knee Push-ups (1 min) Donkey Kicks (L/R) (90 sec) Side Plank (L/R) (90 sec) Bird Dogs (L/R) (90 sec) Forearm Plank (1 min)	CARDIO: Jump Rope High Knees (20 sec) Jump Rope (40 sec) Jumping Jacks (1 min) Jump Squat (30 sec) Burpees (30 sec)	BICEPS & BACK: Resistance Band Set Bicep Curls (1 min) Lat Pulldowns (1 min) Cable Rows (1 min) Cable Pulls (1 min) Face Pulls (1 min)
WEDNESDAY	PILATES & CORE: Pilates Ring Shoulder Bridge (40 sec) Russian Twists (40 sec) Side Leg Lifts (L/R) (1 min) Feet-Hand Pass Off (1 min) The Hundred (40 sec)	ARMS & SHOULDERS: Loop Resistance Bands Pull Aways (1 min) Rear Shoulder Squeezes (1 min) Lat Pulldowns (1 min) Tricep Pulldowns (L/R) (90 sec) Bicep Curls (L/R) (90 sec)	ABS & CORE: Exercise Ball Pike (30 sec) Crab Toe Touches (L/R) (1 min) Single-Leg Bridge (L/R) (1 min) Push-ups (30 sec) Forearm Plank (1 min)	LEGS & GLUTES: Resistance Band Set Hip Abductions (L/R) (90 sec) Hip Adductions (L/R) (90 sec) Side Lunges (L/R) (1 min) Donkey Kicks (L/R) (1 min) Stiff Leg Deadlifts (1 min)
THURSDAY	CARDIO: Jump Rope High Knees (20 sec) Jump Rope (40 sec) Jumping Jacks (1 min) Jump Squat (30 sec) Burpees (30 sec)	ABS & CORE: Exercise Ball Knee-Tuck Crunch (30 sec) Feet-Hand Pass Off (1 min) Ab Tucks (30 sec) Wall Squat (1 min) Forearm Plank (1 min)	LEGS & GLUTES: Loop Resistance Bands Squats (30 sec) Curtsey Lunges (L/R) (1 min) Leg Lifts (L/R) (1 min) Fire Hydrants (L/R) (1 min) Hip Bridges (1 min)	CARDIO: Jump Rope High Knees (20 sec) Jump Rope (40 sec) Jumping Jacks (1 min) Jump Squat (30 sec) Burpees (30 sec)
FRIDAY	CHEST & TRICEPS: Resistance Band Set Triceps Pulldowns (1 min) Triceps Extensions (1 min) RB Push Up (1 min) Cable Chest Flies (1 min) Cable Chest Press (1 min)	CARDIO: Jump Rope High Knees (20 sec) Jump Rope (40 sec) Jumping Jacks (1 min) Jump Squat (30 sec) Burpees (30 sec)	FULL BODY: Yoga & Exercise Pads Knee Push-ups (1 min) Donkey Kicks (L/R) (90 sec) Side Plank (L/R) (90 sec) Bird Dogs (L/R) (90 sec) Forearm Plank (1 min)	ARMS & SHOULDERS: Loop Resistance Bands Pull Aways (1 min) Rear Shoulder Squeezes (1 min) Lat Pulldowns (1 min) Tricep Pulldowns (L/R) (90 sec) Bicep Curls (L/R) (90 sec)
SATURDAY	YOGA: Yoga Blocks Standing Forward Bend Triangle Pose (L/R) Seated Twist (L/R) Bridge Pose Downward Facing Dog	STRETCH: Loop Resistance Bands Sideway Stretch (L/R) Upper Back Stretch Hamstring Stretch (L/R) Lying Hip Stretch (L/R) Kneeling Quad Stretch (L/R)	YOGA: Yoga Blocks Standing Forward Bend Half Moon Stretch (L/R) Crescent Lunge (L/R) Reclined Hero's Pose Camel Pose	STRETCH: Exercise Ball Back Extension Inner Thigh Stretch Hip Rotator Stretch (L/R) Lunge Stretch (L/R) One Leg Balance (L/R)
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY

NOTES:

- **L/R:** Split time interval between both left and right arm/leg
- **Monday-Friday:** 3 sets of each rep
- **Saturday:** Do stretching and yoga at your own leisure and timing
- **Sunday:** Rest Days