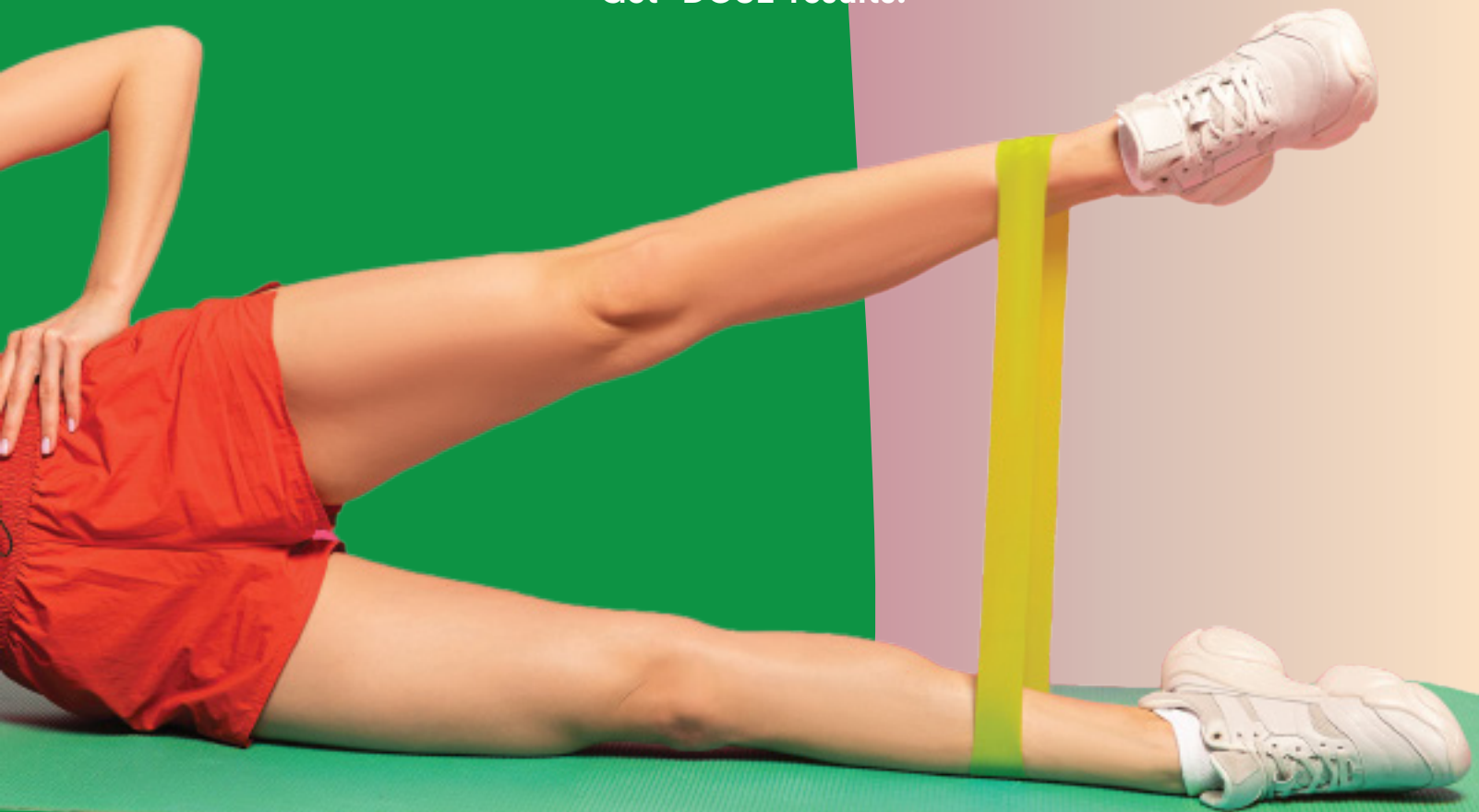


E-BOOK - GUIDELINES AND EXPLANATIONS

30-day exercise challenge with Dose at home

Full Body Workout
(No equipment needed)
Get “DOSE” results.



From the start of its creation, Dose has had your wellbeing at heart and now and we also want to challenge you. Here is 30-day exercise challenge to help you maintain a healthy lifestyle while encouraging you to move daily. This challenge has been designed to be accessible to as many people as possible whether you are a beginner, intermediate or an expert exerciser. It was created to fit into busy lifestyles , so the training sessions never exceed much more than 30 minutes in total including a warm-up and a cool down for each of them.

The frequency and the difficulty of the training sessions have been adapted to all levels as we do with our juice challenges/cleanses according to the following categories:

beginner, intermediate et expert.

Before you start...

STEP #1

**Read and fill out this form before
starting the challenge :**

[CLICK HERE](#)

See below to determine which category is your best fit according to your current activity level:

Beginner:

You are sedentary and do not spend much time doing physical exercise. (Less than 75 minutes of physical activity of moderate intensity per week).

Intermediate:

You are active from time to time or your daily work requires physical effort. (Between 75 and 150 minutes of physical activity of moderate to high intensity per week).

Expert:

You are already active on a regular basis and you are looking for a new personal challenge to accomplish! (More than 150 minutes of physical activity of moderate to high intensity per week).

Here is the frequency suggested in this challenge according to the different categories: :

Beginner:

3x / week + various options for the different exercises.

(14 workouts in total)

Intermediate:

4x / week + various options for the different exercises.

(18 workouts in total)

Expert:

5x / week + various options for the different exercises.

(22 workouts in total)

30-days exercise challenge

Test day: day 1 and day 30.

We will test 5 exercises at the start and at the end of the challenge to help you stay motivated throughout the challenge.

Write down your results from Day 1 and set a realistic goal for Day 30 that you want to achieve by the end of this challenge.

For example: Day 1. I held the plank position for 20 seconds and I would like to be able to maintain it for 45 seconds at the end of this challenge.

This document has been created to guide you through all the exercises of the overall schedule provided for the different categories.

Please read it before you start your workouts.

**Are you ready?
Let the fun begin !!!**

week
1/5

WORKOUT 1A:

Testing day

Warm up:

3x:

- 10x forward and backward side arms circles (small circles)
- 10x Jumping Jacks
- 5x arms elevation OH and backward in a bent over position
- 10x Step back lunges (5 on each leg)
- 5x Squats
- 10 seconds holding the reverse tabletop position

Reverse tabletop position : <https://www.youtube.com/watch?v=EPvn4EjRj3M>

Workout:

1. Hold the central plank position on your hands and feet (or knees) for the maximum possible time. (Just make sure to repeat the same exercise at the end of the challenge. If you choose to test it on your knees, make sure to repeat the same position for the final test day to have the same comparison).

Plank : <https://www.youtube.com/watch?v=B296mZDhrP4>

- rest as much as needed -

2. Maximum repetitions of lunges on each leg: do as many repetitions as possible on one leg then rest and test it on the other leg.

Lunges : <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

- rest as much as needed -

3. Maximum repetitions of push-ups (choose the variation that is appropriate for you) :
 - On your feet
 - On your knees
 - On a wall
 - You can even try it with your feet elevated onto a surface if you are already a pro of this movement.

Push-ups : <https://www.youtube.com/watch?v=0pkjOk0EiAk>

- rest as much as needed -

4. Maximum repetitions of down-ups you can do in 60 seconds.

Down-up: <https://www.youtube.com/watch?v=pUzd9bwrrZM>

- rest as much as needed -

5. Maximum repetitions of triceps dips (on a chair or any hard, stable and elevated surface)

Tricep dips : <https://www.youtube.com/watch?v=iBZvLIWONY>

Don't forget to note your results for each exercise.

WORKOUT 1B:

Warm up:

3x:

- 20x lateral hops from one foot to another
- 5x standing leg raise forward and backward on each leg
- 10x seconds holding the reverse tabletop position

Workout:

TABATA!*

- Squat

- rest as much as needed -

- High knees

- rest as much as needed -

- Plank to push-up

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations :

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

20 seconds ON/10 seconds OFF x 8.

Squats : <https://www.youtube.com/watch?v=rMvwVtlqjTE>

Intermediate :
squats or jump squats

Expert :
jump squats

High knees : <https://www.youtube.com/watch?v=QPfOZ0e30xg>

Plank to push-ups : <https://www.youtube.com/watch?v=2kEnT-CdXyE>

Beginner :
option to do it on your knees or against a wall

WORKOUT 1C:

Warm-up:

3x:

- 20x jumping jacks
- 5x squats
- 20x alternating heel touch in a sit-up position

Workout:

Work for 1-minute ON for each of those exercises below:

- Alternating arm and leg raise
- Walking lunges
- Butt kicks
- Side plank hold (30 sec on each side)

- rest 1 minute -

Beginner :
repeat 3 times.

Intermediate :
repeat 3 or 4 times.

Expert :
repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations :

Alternating arm and leg raise : <https://www.youtube.com/watch?v=uofd3HJWrWg>

Beginner :
on your knees

Intermediate :
on your knees or on your feet

Expert :
on your feet

Walking lunges : <https://www.youtube.com/watch?v=L8fvypPrzss>

Butt kicks : <https://www.youtube.com/watch?v=-dtvAxibgYQ>

Intermediate :
butt kicks or tuck jumps

Expert :
tuck jumps

Tuck jumps : <https://www.youtube.com/watch?v=mgBCOVR1hqw>

Side plank : <https://www.youtube.com/watch?v=XeN4pEZZJNI>

Beginner:
on your knees with the top arm
reaching up

Intermediate:
on your feet with the top arm
reaching up

Expert:
One arm and one leg up

WORKOUT 1D:

Warm-up:

3x:

- 10x ropeless jump rope on both legs
- 10x ropeless jump rope on one leg (5 on each leg)
- 10x four points kneeling alternate arm and leg extension exercise (5 on each side)

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Plank toe touch
- Table top hip trusts

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Side lunge pulses (20 secondes de chaque jambe)
- Jumping jacks

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Plank toe touch : <https://www.youtube.com/watch?v=4TcAE2UHFBM>

Table top hip trusts : <https://www.youtube.com/watch?v=w308xMasdco>

Side pulse lunges : <https://www.youtube.com/watch?v=cgLwuNccP4Q>

WORKOUT 1E:

Warm-up:

3x:

- 10x squat side steps
- 5x down-up followed by a jumping jack
- 10 seconds hollow hold

Hollow : <https://www.youtube.com/watch?v=4xRpGgtca8>

Workout:

TABATA!*

- Burpee push-ups
- rest 2 minutes -
- Jump squat to alternate jump lunge
- rest 2 minutes -
- V-up

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Burpee push-ups : <https://www.youtube.com/watch?v=Qe9aeEfgQTM>

Jump squat to alternate jump lunge: <https://www.youtube.com/watch?v=jx5NQSfUjnc>

V-up : <https://www.youtube.com/watch?v=7UVgs18Y1P4>

week
2/5

WORKOUT 2A:

Warm-up:

3x:

- 20x high knees running in place
- 5x good mornings
- 10x seconds holding the central plank

Good mornings : <https://www.youtube.com/watch?v=fQ2oICTc0-c>

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Jumping Spiderman lunges
- Standing side leg raise (40 seconds = 20 second/leg)

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Alternating back lunge
- Bent over Y-T-A arms elevation

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations :

Jumping Spiderman lunges : <https://www.youtube.com/watch?v=5myPm0sD-Jw>

* Scaling option, no jumping: https://www.youtube.com/watch?v=_3bGkAXjwLY

Standing side leg raise: <https://www.youtube.com/watch?v=RckjjT-TOZA>

Intermediate or **expert**: To make this exercise harder use a resistance band if you have one at home one or try the side leg raise on your knees.

Alternating back lunge: https://www.youtube.com/watch?v=OX0fKkaY6_c

Intermeditate :

To make it harder add a knee drive:

https://www.youtube.com/watch?v=4_1V0NRv7Ww

Expert :

To make it even harder add a knee drive + a hop:

<https://www.youtube.com/watch?v=xc9IPDacpo4>

Position Y-T-A: <https://www.youtube.com/watch?v=dVAwuTIHwB4>

Intermediate or **expert**: To make it harder you can use any object that you have at home (i.e. free weights or even cans!)

WORKOUT 2B:

Warm-up:

3x:

- 20x lateral hops from one foot to another
- 5x standing leg raise forward and backward on each leg
- 10x seconds holding the reverse tabletop position

Entraînement:

TABATA!*

- Inchworms
- rest 2 minutes -
- Back extensions
- rest 2 minutes -
- Triceps dips

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

*Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Inchworms : <https://www.youtube.com/watch?v=G9uCd5U4IH8>

Intermediate or expert : option to add a push-up to the movement

Back extension: <https://www.youtube.com/watch?v=Bw9YuQTTc58>

Triceps dip: <https://www.youtube.com/watch?v=6kALZikXxLc>

WORKOUT 20:

Warm-up:

3x:

- 20x jumping jacks
- 5x squats
- 20x alternating heel touch in a sit-up position

Workout:

Work for 1-minute ON for each of those exercises below:

- Punches (forward)
- Down-ups
- Curtsy lunges (alternate left and right leg)
- Snow angels

- rest 1 minute -

Beginner:
repeat 3 times

Intermediate :
repeat 3 or 4 times

Expert :
repeat 4 times

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Punches (forward) : https://www.youtube.com/watch?v=M_4Vt5IfEUE

Expert : If you want to make it harder, go faster!

Down-ups : <https://www.youtube.com/watch?v=B3jLmb7dWLY>

Curtsy lunges : <https://www.youtube.com/watch?v=MUKzbODTURg>

Intermeditate & expert : curtsy lunge followed by a knee tuck

Snow angels : <https://www.youtube.com/watch?v=M04KhLObgaw>

WORKOUT 2D:

Warm-up

3x:

- 10x ropeless jump rope on both legs
- 10x ropeless jump rope on one leg (5 on each leg)
- 10x four points kneeling alternate arm and leg extension exercise (5 on each side)

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Side plank with side crunch (20 seconds on each side)
- Push-ups

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Donkey kicks (20 seconds on each side)
- Kneeling side straight leg raise

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Side plank with side crunch: <https://www.youtube.com/watch?v=7G4llsBNCgA>

Donkey kicks: <https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ>

Kneeling side straight leg raise: <https://www.youtube.com/watch?v=crztSPLhGv4>

WOKROUT 2E:

Warm-up:

3x:

- 10x squat side steps
- 5x down-up followed by a jumping jack
- 10 seconds hollow hold

Hollow: <https://www.youtube.com/watch?v=4xRpGgtca8>

Workout:

TABATA!*

- Burpee to tuck jump
- rest 2 minutes -
- Alternate 2 pulse lunge followed by one jump lunge
- rest 2 minutes -
- One-leg v-up

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowILg>

Tips and explanations:

* Tabata, c'est 20 secondes d'effort physique suivi de 10 secondes de récupération. On répète 8 fois pour une séquence totale de 4 minutes.

Burpee tuck jumps : <https://www.youtube.com/watch?v=-Vfb-ZV9UYI>

One-leg v-up: <https://www.youtube.com/watch?v=0EIDVDbzVNo>

week
3/5

WORKOUT 3A:

Warm-out:

3x:

- 20x high knees running in place
- 5x good mornings
- 10x seconds holding the central plank

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Forward lunge with overhead reach
- Side plank hold on your hand (40 seconds = 20 seconds on each side)

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Push-up
- Tabletop hip trust

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Forward lunge with overhead reach: https://www.youtube.com/watch?v=faGH-tlwd_w

Intermediate : Keep your arm in the overhead reach position for the whole time you are executing the movement.

Expert : Jumping lunges with an overhead reach position.

Side plank hold: <https://www.youtube.com/watch?v=K2VljzCC16g>

Beginner : on your knees

Intermediate : on your feet

Expert : Side plank to heel touch: <https://www.youtube.com/watch?v=TgDAdXW-LWA>

Push-up : https://www.youtube.com/watch?v=_I3ySVKYVJ8

Beginner : on a wall

Intermediate: on your knees

Expert : on your feet

Tabletop hip trust: <https://www.youtube.com/watch?v=w308xMasdco>

WORKOUT 3B:

Warm-up:

3x:

- 20x lateral hops from one foot to another
- 5x standing leg raise forward and backward on each leg
- 10x seconds holding the reverse tabletop position

Workout:

TABATA!*

- Down-ups

- rest 2 minutes -

- Pulse lunges

- rest 2 minutes -

- Tuck-ins

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Down-ups : <https://www.youtube.com/watch?v=B3jLmb7dWLY>

Pulse lunges: <https://www.youtube.com/watch?v=npFQHBFdNzQ>

Tuck-ins: <https://www.youtube.com/watch?v=UEfhZzcbZrc>

Beginner : you can lay on your forearms, tuck in your legs then extend and repeat

Expert : straight legs

WORKOUT 30:

Warm-out:

3x:

- 20x jumping jacks
- 5x squats
- 20x alternating heel touch in a sit-up position

Workout:

Work for 1-minute ON for each of those exercises below:

- Alternate front lunge, side lunge and back lunge (all on one leg then switch)
- Reverse snow angels
- Russian twist
- Jumping jacks

- rest 1 minute -

Beginner :
repeat 3 times

Intermediate :
repeat 3 ou 4 times

Expert :
repeat 4 times

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Front lunge, side lunge and back lunge: <https://www.youtube.com/watch?v=EUEXDxPKqRQ>

Reverse snow angels: <https://www.youtube.com/watch?v=447wYjo97nU>

Beginner : keep your feet on the floor <https://www.youtube.com/watch?v=ZYIHJ3m6UCo>

Russian twists : <https://www.youtube.com/watch?v=wkD8rjkodUI>

Jumping jacks' option:

Beginner: step jacks : <https://www.youtube.com/watch?v=E1MLfbD5i8A>

Intermediate : squat jacks : <https://www.youtube.com/watch?v=E1MLfbD5i8A>

Expert : plyo jumping jacks : <https://www.youtube.com/watch?v=E1MLfbD5i8A>

WORKOUT 3D:

Warm-up:

3x:

- 10x ropeless jump rope on both legs
- 10x ropeless jump rope on one leg (5 on each leg)
- 10x four points kneeling alternate arm and leg extension exercise (5 on each side)

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Shoulders tap to down-up
- High knees

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Hand release push-ups
- Hollow rock

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Hand release push-ups : <https://www.youtube.com/watch?v=zPrcw-WldZs>

Hollow rock: <https://www.youtube.com/watch?v=p7j02V1flzU>

WORKOUT 3E:

Warm-up:

3x:

- 10x squat side steps
- 5x down-up followed by a jumping jack
- 10 seconds hollow hold

Hollow : <https://www.youtube.com/watch?v=4xRpGgtca8>

Workout:

TABATA!*

- Burpee to 3 vertical jumps

- rest 2 minutes -

- Jump squat

- rest 2 minutes -

- Snow angels to v-up

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Snow angels to v-up: option to bend the knees for the v-up or straight leg as long as you keep a good form (no arched back).

week
4/5

WORKOUT 4A:

Warm-up:

3x:

- 20x high knees running in place
- 5x good mornings
- 10x seconds holding the central plank

Entraînement:

40 seconds ON – 20 seconds OFF for each exercise below:

- Side lunges (alternate left and right leg)
- Shoulder tap in a plank position

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Curtsy lunges (alternate legs)
- Mountain climber

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Side lunges: <https://www.youtube.com/watch?v=rvqLVxYqEvo>

Shoulders tap with plank position: <https://www.youtube.com/watch?v=0PrTUpEIJ44>

Beginner: plank position on your knees

Curtsy lunges : <https://www.youtube.com/watch?v=MUKzbODTURg>

Intermediate & expert : curtsy lunge followed by a knee tuck

Mountain climber : <https://www.youtube.com/watch?v=nmwgirgXLYM>

Intermediate & expert : If you want to make it harder, go faster!

WORKOUT 4B:

Warm-up:

3x:

- 20x lateral hops from one foot to another
- 5x standing leg raise forward and backward on each leg
- 10x seconds holding the reverse tabletop position

Workout:

TABATA!*

- Jumping Spiderman lunge

- rest 2 minutes -

- Triceps dip

- rest 2 minutes -

- Squats

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Jumping Spiderman lunge : <https://www.youtube.com/watch?v=5myPm0sD-Jw>

Scaling option, no jumping: https://www.youtube.com/watch?v=_3bGkAXjwLY

Triceps dip : <https://www.youtube.com/watch?v=6kALZikXxLc>

Squat : <https://www.youtube.com/watch?v=rMvwVtlqjTE>

Intermediate : squat or jump squat

Expert : Jump squat

WORKOUT 4C:

Warm-up:

3x:

- 20x jumping jacks
- 5x squats
- 20x alternating heel touch in a sit-up position

Entraînement:

Work for 1-minute ON for each of those exercises below:

- Bent-over Y-T-A arms elevation
- Single leg deadlift (30 seconds on each leg)
- Inchworms
- Pulse lunges

- rest 1 minute -

Beginner:
repeat 3 times

Intermediate :
repeat 3 or 4 times

Expert :
repeat 4 times

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Bent over Y-T-A: <https://www.youtube.com/watch?v=dVAwuTIHwB4>

Intermediate & expert : To make it harder you can use any object that you have at home (i.e. free weights or even cans!)

Single leg deadlift: <https://www.youtube.com/watch?v=84hrdsHgDuQ>

Intermediate & expert : To make it harder you can use any object that you have at home (i.e. free weights or even cans!)

Inchworm : <https://www.youtube.com/watch?v=G9uCd5U4IH8>

Intermediate & expert : option to add a push-up to the movement

Pulse lunges : <https://www.youtube.com/watch?v=npFQHBFdNzQ>

WORKOUT 4D:

Warm-up:

3x:

- 10x ropeless jump rope on both legs
- 10x ropeless jump rope on one leg (5 on each leg)
- 10x four points kneeling alternate arm and leg extension exercise (5 on each side)

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Single arm plank hold (20 seconds on each arm)
- Back lunges

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Glute bridge followed by abduction
- Glutes bridge hold with leg kick

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Single arm plank hold: <https://www.youtube.com/watch?v=X-gv0Ygb3yl>

Glute bridge followed by abduction: <https://www.youtube.com/watch?v=ljZFWUtuwbk>

Glutes bridge hold with leg kick: <https://www.youtube.com/watch?v=DKKcZjculzA>

WORKOUT 4E:

Warm-up:

3x:

- 10x squat side steps
- 5x down-up followed by a jumping jack
- 10 seconds hollow hold

Hollow : <https://www.youtube.com/watch?v=4xRpGgtca8>

Workout:

TABATA!*

- *Hand-release burpee*

- rest 2 minutes -

- *Single leg tuck jump*

- rest 2 minutes -

- V-up

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

* Tabata is an interval training system where you work for 20 seconds on and ten seconds off and you repeat that protocol eight times for four minutes total.

Single leg tuck jump: <https://www.youtube.com/watch?v=qUMucFqb2Ug>

week
5/5

WORKOUT 5A:

Warm-up:

3x:

- 20x high knees running in place
- 5x good mornings
- 10x seconds holding the central plank

Workout:

40 seconds ON – 20 seconds OFF for each exercise below:

- Jumping lunges
- Single leg heel touch squat

Repeat 4 times.

- rest 2 minutes -

40 seconds ON – 20 seconds OFF for each exercise below:

- Hand release push-ups
- Glute bridge

Repeat 4 times.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Tips and explanations:

Jumping lunges: <https://www.youtube.com/watch?v=1ExU8445rbU>

Beginner : alternate forward and backward lunge on each leg

Single leg heel touch squat: <https://www.youtube.com/watch?v=QDWDcGihxFU>

Hand release push-up : <https://www.youtube.com/watch?v=zPrcw-WldZs>

Beginner : on your knees

Intermediate : on your knees or feet

Expert : on your feet

Glute bridge raise: <https://www.youtube.com/watch?v=wPM8icPu6H8>

Expert : holding one leg up to the ceiling while raising your hips

WORKOUT 1A : TEST DAY! CHALLENGE COMPLETED!

Get your objectives out and see how much you have improved! !

Warm-up:

3x:

- 10x forward and backwards side arms circles (small circles)
- 10x Jumping Jacks
- 5x arms elevation OH and backward in a bent over position
- 10x Back lunges (5 on each leg)
- 5x Squats
- 10 seconds holding the reverse tabletop position

reverse tabletop position : <https://www.youtube.com/watch?v=EPvn4EjRj3M>

Workout:

1. Hold the central plank position on your hands and feet (or knees) for the maximum possible time. (Just make sure to repeat the same exercise at the end of the challenge. If you choose to test it on your knees, make sure to repeat the same position for the final test day to have the same comparison).

Plank : <https://www.youtube.com/watch?v=B296mZDhrP4>

- rest as much as needed -

2. Maximum repetitions of lunges on each leg: do as many repetitions as possible on one leg then rest and test it on the other leg.

Lunges : <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

- rest as much as needed -

3. Maximum repetitions of push-ups (choose the variation that is appropriate for you)
 - On your feet
 - On your knees
 - On a wall

Push-up: <https://www.youtube.com/watch?v=0pkjOk0EiAk>

You can even try it with your feet elevated onto a surface if you are already a pro of this movement!

- rest as much as needed -

4. Maximum repetitions of down-ups you can do in 60 seconds.

Down-up: <https://www.youtube.com/watch?v=pUzd9bwrrZM>

- rest as much as needed -

5. Maximum repetitions of triceps dips (on a chair or any hard, stable and elevated surface)

Triceps dip : <https://www.youtube.com/watch?v=iBZvILIWONY>

Don't forget to note your results for each exercise.

10 minutes full body cool down:

<https://www.youtube.com/watch?v=tXWh-dowiLg>

Good job for completing our 30-day exercise challenge. If you would like to share your experience, don't forget to tag us in your posts @dosejuice or write to us at info@dosejuice.com.

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