

MAY 2017 - 30 DAY TIME CRUNCH INTERVALS CHALLENGE #BWLWMay

30 Seconds of rest between exercises 1 minute of rest between sets	1	2	3	4	5	6
	2 Sets 30 sec mt. climbers 30 sec leg lifts	2 Sets 30 sec high knees 30 sec squats	2 Sets 1 min jog in place 20 sec pushups	REST	3 Sets 30 sec side shuffle 30 sec side leg raises	3 Sets 30 sec butt kickers 30 sec lunges
7	8	9	10	11	12	13
2 Sets 30 sec leg lifts 30 sec plank 1 min jog in place	3 Sets 30 sec squats 30 sec jumping jacks	REST	2 Sets 30 sec walking lunges 30 sec pushups	3 Sets 1 min high knees 30 sec leg lifts	3 Sets 1 min side leg raises 30 sec plank	REST
14	15	16	17	18	19	20
3 Sets 30 sec donkey kicks 30 sec high knees	2 Sets 30 sec lunges 5 burpees	3 Sets 30 sec side shuffle 30 sec jog in place 30 sec side shuffle	3 Sets 30 sec jump squats 30 sec butt kicks	REST	2 Sets 30 sec jumping jacks 5 burpees	3 Sets 30 sec plank 30 sec leg lifts
21	22	23	24	25	26	27
3 Sets 30 sec mt. climbers 30 sec jumping jacks	3 Sets 20 sec burpees 30 sec donkey kicks	REST	4 Sets 30 sec high knees 30 sec squats	4 Sets 30 sec pushups 30 sec jumping jacks	4 Sets 30 sec walking lunges 30 sec butt kickers	REST
28	29	30	31	Get the Full Challenge Details at BlackWeightLossSuccess.com Instagram: @blackwomenlosingweight www.facebook.com/blackwomenlosingweight		
4 Sets 30 sec squats 30 sec donkey kicks	4 Sets 30 sec leg lifts 30 sec Plank	4 Sets 30 sec mt. climbers 30 sec squats 30 sec high knees	4 Sets 30 sec side shuffle 30 sec pushups 30 jumping jacks			

***Disclaimer:** Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, stop.

GOAL: The goal of this challenge is to add an intense burst of exercise into your day, in addition to your regular workout routine. These super short intervals are made up of moves you can do at home or in the gym.

Give it your all and do as many of the moves as you can in the time allotted. **Make modifications to the exercises if you need to.** One modified pushup on your knees is better than no pushups. It's also ok to keep a slower pace if you are a beginner. Work your way up to doing more over the course of the month. **If you can't do an exercise, feel free to substitute a different exercise that works for you.**

Ultimately, the number of sets you do of each routine will depend on ***your level of fitness***. If you need more rest between each exercise or between each set, take it.

View Videos of the Exercises - www.blackweightlosssuccess.com/exercise-videos-30-day-time-crunch-intervals-challenge/

- **Workout Timer** – We've posted links to timers you can use for interval training. You may have a stopwatch on your phone as well.

Full Challenge Details: www.blackweightlosssuccess.com/may-interval-workout-challenge/

What Should You Eat?

Whether you eat Clean, Paleo, Vegetarian, etc., I suggest that you eat well balanced meals. Eat meals that are full of healthy, unprocessed foods. Free Meal Plans: www.blackweightlosssuccess.com/more-free-meal-plans/

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