






























# TRAIN IT RIGHT'S<sup>1</sup>

## September

### 30 Day Full Body Challenge

THE BEST  
VERSION OF  
YOU

<input type="checkbox"/> 50 Jump ropes <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Crunches <input type="checkbox"/> 5 Push ups 	<input type="checkbox"/> 50 Jump ropes <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Crunches <input type="checkbox"/> 5 Push ups 	<input type="checkbox"/> 50 Jump ropes <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Crunches <input type="checkbox"/> 5 Push ups 	<input type="checkbox"/> 50 Jump ropes <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Crunches <input type="checkbox"/> 5 Push ups 	<input type="checkbox"/> 50 Jump ropes <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Crunches <input type="checkbox"/> 5 Push ups 
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