







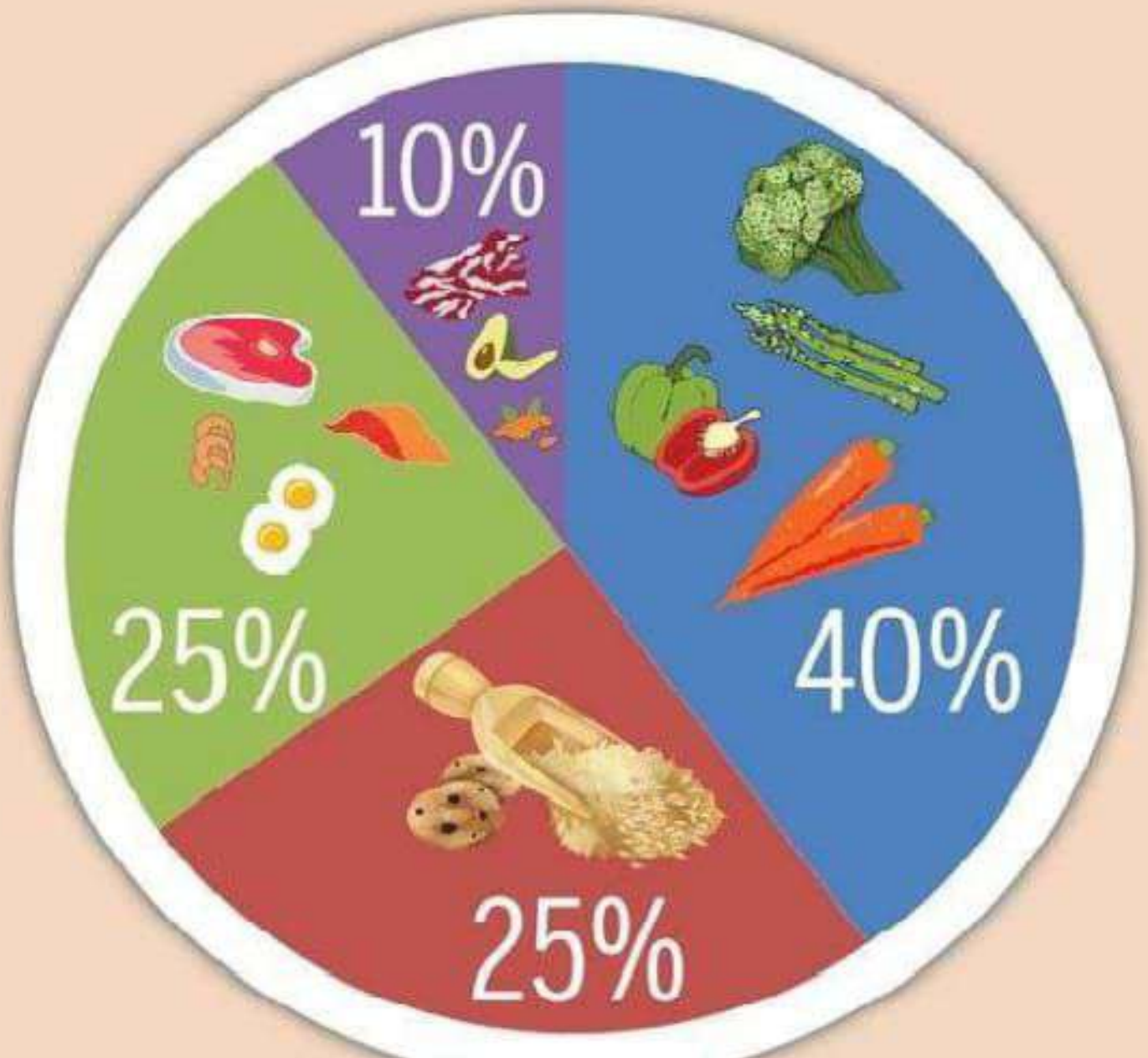








# Balanced diet





 **FREE 30-DAY MOVE MORE V2.0 CHALLENGE** *(Version 2)* **SG** brought to you by **SLEEK GEEK & adidas**

|   |  |   |   |  |   |  |
|---|--|---|---|--|---|--|
| <b>DAY 1</b><br>20 Star Jumps<br>20 Squats<br>20 Burpees    | <b>DAY 2</b><br>20 Push-Ups<br>20 Glute Bridges<br>2 Mins Planking | <b>DAY 3</b><br>Walk<br>6,000 Steps                             | <b>DAY 4</b><br>20 Lunges<br>20 Bear Crawls<br>20 Squats          | <b>DAY 5</b><br>20 Star Jumps<br>20 Mt. Climbers<br>20 Dips  | <b>DAY 6</b><br>Dance for<br>2 Minutes                              | <b>DAY 7</b><br>20 Burpees<br>20 Glute Bridges<br>20 Bear Crawls |
| <b>DAY 8</b><br>30 Push-Ups<br>30 Lunges<br>3 Mins Planking | <b>DAY 9</b><br>Walk<br>7,000 Steps                                | <b>DAY 10</b><br>30 Squats<br>30 Star Jumps<br>30 Glute Bridges | <b>DAY 11</b><br>30 Burpees<br>30 Mt. Climbers<br>30 Dips         | <b>DAY 12</b><br>Dance for<br>3 Minutes                      | <b>DAY 13</b><br>30 Bear Crawls<br>30 Lunges<br>30 Star Jumps       | <b>DAY 14</b><br>30 Push-Ups<br>30 Squats<br>3 Mins Planking     |
| <b>DAY 15</b><br>Walk<br>8,000 Steps                        | <b>DAY 16</b><br>40 Glute Bridges<br>40 Burpees<br>40 Lunges       | <b>DAY 17</b><br>40 Bear Crawls<br>40 Mt. Climbers<br>40 Dips   | <b>DAY 18</b><br>Dance for<br>4 Minutes                           | <b>DAY 19</b><br>40 Star Jumps<br>40 Squats<br>40 Burpees    | <b>DAY 20</b><br>40 Push-Ups<br>40 Glute Bridges<br>4 Mins Planking | <b>DAY 21</b><br>Walk<br>9,000 Steps                             |
| <b>DAY 22</b><br>50 Lunges<br>50 Bear Crawls<br>50 Squats   | <b>DAY 23</b><br>50 Star Jumps<br>50 Mt. Climbers<br>50 Dips       | <b>DAY 24</b><br>Dance for<br>5 Minutes                         | <b>DAY 25</b><br>50 Burpees<br>50 Glute Bridges<br>50 Bear Crawls | <b>DAY 26</b><br>50 Push-Ups<br>50 Lunges<br>5 Mins Planking | <b>DAY 27</b><br>Walk<br>10,000 Steps                               | <b>DAY 28</b><br>50 Squats<br>50 Star Jumps<br>50 Glute Bridges  |
| <b>DAY 29</b><br>60 Burpees<br>60 Mt. Climbers<br>60 Dips   | <b>DAY 30</b><br>Dance for<br>6 Minutes                            |   |   |  |   |  |

[www.sleekgeek.co.za/move30](http://www.sleekgeek.co.za/move30)  
**#MoveMore**



# WEEKLY WORKOUT

FRUITIONFITNESS.COM

## Monday

10 pushups  
20 squats  
1 minute glute bridge  
Repeat 2-3 rounds

## Tuesday

10 weighted dumbbell burpees  
10 weighted squats  
10 lunges with overhead  
press/each side  
Repeat 2-3 rounds

## Wednesday

1 minute weighted glute bridge  
1 minute side bridge/each side  
1 minute supermans  
1 minute plank  
Repeat 2-3 rounds

## Thursday

Repeat Monday

## Friday

Repeat Tuesday

## Saturday & Sunday

Repeat Wednesday &  
RUN!