




### 30 Days of SIGMA WELLNESS

<b>DAY 1</b> 10 Squats 5 Push-ups 15 Leg Lifts	<b>DAY 2</b> 15 Squats 5 Push-ups 15 Leg Lifts	<b>DAY 3</b> 15 Squats 7 Push-ups 20 Leg Lifts	<b>DAY 4</b> Squat Rest 7 Push-ups 25 Leg Lifts	<b>DAY 5</b> 20 Squats 8 Push-ups 30 Leg Lifts	<b>DAY 6</b> 25 Squats 9 Push-ups 30 Leg Lifts	<b>DAY 7</b> 30 Squats Push-up Rest 35 Leg Lifts
<b>DAY 8</b> Squat Rest 9 Push-ups 35 Leg Lifts	<b>DAY 9</b> 35 Squats 9 Push-ups Leg Lift Rest	<b>DAY 10</b> 40 Squats 10 Push-ups 40 Leg Lifts	<b>DAY 11</b> 45 Squats 10 Push-ups 45 Leg Lifts	<b>DAY 12</b> Squat Rest 12 Push-ups 45 Leg Lifts	<b>DAY 13</b> 50 Squats 12 Push-ups 50 Leg Lifts	<b>DAY 14</b> 55 Squats Push-up Rest 50 Leg Lifts
<b>DAY 15</b> 55 Squats 13 Push-ups 55 Leg Lifts	<b>DAY 16</b> Squat Rest 15 Push-ups 60 Leg Lifts	<b>DAY 17</b> 60 Squats 16 Push-ups Leg Lift Rest	<b>DAY 18</b> 65 Squats 16 Push-ups 65 Leg Lifts	<b>DAY 19</b> 70 Squats 18 Push-ups 70 Leg Lifts	<b>DAY 20</b> Squat Rest 20 Push-ups 75 Leg Lifts	<b>DAY 21</b> 75 Squats Push-up Rest 75 Leg Lifts
<b>DAY 22</b> 75 Squats 22 Push-ups Leg Lift Rest	<b>DAY 23</b> 80 Squats 23 Push-ups 80 Leg Lifts	<b>DAY 24</b> Squat Rest 24 Push-ups 85 Leg Lifts	<b>DAY 25</b> 85 Squats 25 Push-ups Leg Lift Rest	<b>DAY 26</b> 85 Squats 26 Push-ups 90 Leg Lifts	<b>DAY 27</b> 90 Squats 30 Push-ups 90 Leg Lifts	<b>DAY 28</b> Squat Rest 35 Push-ups 95 Leg Lifts
<b>DAY 29</b> 95 Squats 35 Push-ups 95 Leg Lifts	<b>DAY 30</b> 100 Squats 40 Push-ups 100 Leg Lifts	 <b>BLUE PHI</b> <b>FITNESS PLAN</b>				