



30 DAYS OF FIT CHALLENGE

POWERED BY  Dymatize

POST DAILY Post your response to our daily challenges on Instagram and tag #30daysoffit @bodybuildingcom @dymatize

WE'RE GIVING AWAY \$1,500 A DAY 3 people will win \$500 each day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 DAY 1 100 Pushup Challenge	2 DAY 2 Best Buddies	3 DAY 3 Fitspo
4 DAY 4 Gym Killers	5 DAY 5 Essential Gym Gear	6 DAY 6 Pet Peeves	7 DAY 7 Why Do You Even Train?	8 DAY 8 100 Squat Challenge	9 DAY 9 Take It Outside	10 DAY 10 Ditch the Comfort Zone
11 DAY 11 Workout Buddies	12 DAY 12 Epic Treats	13 DAY 13 #TransformationTuesday	14 DAY 14 Give Us 10	15 DAY 15 Spread The Word	16 DAY 16 Make Some Space	17 DAY 17 Hand Stand Challenge
18 DAY 18 Pull-Up Contest	19 DAY 19 Finish Strong	20 DAY 20 Shake It Up	21 DAY 21 Go-To Healthy Meal	22 DAY 22 Hack the Gym	23 DAY 23 Holiday Recipe Hacks	24 DAY 24 Everyday Essentials
25 DAY 25 Favorite Move	26 DAY 26 50 Burpee Challenge	27 DAY 27 Snack Hack	28 DAY 28 Goals, Goals, Goals	29 DAY 29 Commit to Change	30 DAY 30 No-Gym Workouts	31