



Wellbeats™

Back to the Basics

Wellbeats 30-Day “Back to the Basics”
Fitness Challenge

Go back to the basics using 3 of the most common exercises: **push ups, planks, and squats**. Build up total-body strength, power, and endurance and don't forget to check off each day once complete. It's also way more fun with a partner – so challenge a friend and let's get ready to build strength together!

Need help on how to perform a proper push up, plank, or squat? Click on the links below.

[How to Perform a Push Up](#)

[How to Perform a Plank](#)

[How to Perform a Squat](#)

- ☐ **Day 1.** 5 push ups, 20-second plank, 10 squats
- ☐ **Day 2.** 5 push ups, 20-second plank, 10 squats
- ☐ **Day 3.** 6 push ups, 25-second plank, 15 squats
- ☐ **Day 4.** 6 push ups, 25-second plank, 15 squats
- ☐ **Day 5.** 7 push ups, 30-second plank, 20 squats
- ☐ **Day 6.** 7 push ups, 30-second plank, 20 squats
- ☐ **Day 7.** Rest
- ☐ **Day 8.** 10 push ups, 40-second plank, 25 squats
- ☐ **Day 9.** 10 push ups, 40-second plank, 25 squats
- ☐ **Day 10.** 10 push ups, 40-second plank, 25 squats
- ☐ **Day 11.** 15 push ups, 50-second plank, 30 squats
- ☐ **Day 12.** 15 push ups, 50-second plank, 30 squats
- ☐ **Day 13.** 15 push ups, 50-second plank, 30 squats
- ☐ **Day 14.** Rest
- ☐ **Day 15.** 18 push ups, 60-second plank, 35 squats

- ☐ **Day 16.** 18 push ups, 60-second plank, 35 squats
- ☐ **Day 17.** 20 push ups, 70-second plank, 40 squats
- ☐ **Day 18.** 20 push ups, 70-second plank, 40 squats
- ☐ **Day 19.** 20 push ups, 70-second plank, 40 squats
- ☐ **Day 20.** Rest
- ☐ **Day 21.** 25 push ups, 80-second plank, 45 squats
- ☐ **Day 22.** 25 push ups, 80-second plank, 45 squats
- ☐ **Day 23.** 30 push ups, 90-second plank, 50 squats
- ☐ **Day 24.** Rest
- ☐ **Day 25.** 30 push ups, 90-second plank, 50 squats
- ☐ **Day 26.** 35 push ups, 100-second plank, 55 squats
- ☐ **Day 27.** 35 push ups, 100-second plank, 55 squats
- ☐ **Day 28.** Rest
- ☐ **Day 29.** 40 push ups, 120-second plank, 60 squats
- ☐ **Day 30.** 40 push ups, 120-second plank, 60 squats