



HIITRAZE

30-DAY

No equipment

BACK STRENGTH

TRAINING CHALLENGE



PLAN INTRODUCTION

This 30-day back strength training challenge for men is designed to help you improve your overall fitness by targeting key muscle groups in the back. By performing a variety of exercises that target the upper, lower, and lat muscles, you can increase strength and improve your posture. The challenge is perfect for beginners or anyone looking to enhance their current fitness routine. With a focus on consistency and proper form, you can see real results in just 30 days. So, let's get started on building a stronger, healthier back!



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.





WORKOUT PLAN

DAY 1 <ul style="list-style-type: none">• 10 crunches• 5 leg raises• 10 second plank	DAY 2 <ul style="list-style-type: none">• 20 crunches• 8 leg raises• 15 second plank	DAY 3 <ul style="list-style-type: none">• 25 crunches• 10 leg raises• 20 second plank	DAY 4 <ul style="list-style-type: none">• 30 crunches• 12 leg raises• 25 second plank	DAY 5 <ul style="list-style-type: none">• 35 crunches• 14 leg raises• 30 second plank	DAY 6 <ul style="list-style-type: none">• 40 crunches• 16 leg raises• 35 second plank
DAY 7 <ul style="list-style-type: none">• 45 crunches• 16 leg raises• 35 second plank	DAY 8 <ul style="list-style-type: none">• 50 crunches• 20 leg raises• 45 second plank	DAY 9 <ul style="list-style-type: none">• 55 crunches• 22 leg raises• 50 second plank	DAY 10 <ul style="list-style-type: none">• 60 crunches• 24 leg raises• 55 second plank	DAY 11 <ul style="list-style-type: none">• 65 crunches• 26 leg raises• 60 second plank	DAY 12 <ul style="list-style-type: none">• 70 crunches• 28 leg raises• 65 second plank
DAY 13 <ul style="list-style-type: none">• 75 crunches• 30 leg raises• 70 second plank	DAY 14 <ul style="list-style-type: none">• 80 crunches• 32 leg raises• 75 second plank	DAY 15 <ul style="list-style-type: none">• 85 crunches• 34 leg raises• 80 second plank	DAY 16 <ul style="list-style-type: none">• 90 crunches• 36 leg raises• 85 second plank	DAY 17 <ul style="list-style-type: none">• 95 crunches• 38 leg raises• 90 second plank	DAY 18 <ul style="list-style-type: none">• 100 crunches• 40 leg raises• 95 second plank
DAY 19 <ul style="list-style-type: none">• 105 crunches• 42 leg raises• 100 second plank	DAY 20 <ul style="list-style-type: none">• 110 crunches• 44 leg raises• 105 second plank	DAY 21 <ul style="list-style-type: none">• 115 crunches• 46 leg raises• 110 second plank	DAY 22 <ul style="list-style-type: none">• 120 crunches• 48 leg raises• 115 second plank	DAY 23 <ul style="list-style-type: none">• 125 crunches• 50 leg raises• 120 second plank	DAY 24 <ul style="list-style-type: none">• 130 crunches• 52 leg raises• 125 second plank
DAY 25 <ul style="list-style-type: none">• 135 crunches• 54 leg raises• 130 second plank	DAY 26 <ul style="list-style-type: none">• 140 crunches• 56 leg raises• 135 second plank	DAY 27 <ul style="list-style-type: none">• 145 crunches• 58 leg raises• 140 second plank	DAY 28 <ul style="list-style-type: none">• 150 crunches• 60 leg raises• 145 second plank	DAY 29 <ul style="list-style-type: none">• 155 crunches• 62 leg raises• 150 second plank	DAY 30 <ul style="list-style-type: none">• 160 crunches• 64 leg raises• 155 second plank



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