

# *Fitness Domme* 30 Full Body Fit Challenge



<b>1</b> <b>Edge 3 x 2 mins</b>  <b>10 Push Ups</b> <b>20 Squats</b> <b>30 Ab Crunches</b> <b>40 Jumping Jacks</b> <b>1 round   30 sec rest</b>	<b>2</b> <b>no masturbation</b>  <b>10 Push Ups</b> <b>20 Lunges</b> <b>30 Sit Ups</b> <b>40 Jumping Jacks</b> <b>1 round   30 sec rest</b>	<b>3</b> <b>Edge 2 x 3 mins</b>  <b>10 Push Ups</b> <b>20 Steps Ups</b> <b>30 sec plank</b> <b>40 sec high knees</b> <b>1 round   30 sec rest</b>	<b>4</b> <b>no masturbation</b>  <b>20 Push Ups</b> <b>30 Squats</b> <b>40 Ab Crunches</b> <b>50 Jumping Jacks</b> <b>1 round   30 sec rest</b>	<b>5</b> <b>Edge 4 x 2 mins</b>  <b>20 Push Ups</b> <b>30 Lunges</b> <b>40 Sit Ups</b> <b>5 mins   30 sec rest</b>	<b>6</b> <b>Masturbate to completion</b>  <b>ACTIVE REST DAY</b> <b>Walk 1 mile</b>
<b>7</b> <b>no masturbation</b>  <b>25 Push Ups</b> <b>30 Step Ups</b> <b>40 sec plank</b> <b>50 sec jumping jacks</b> <b>1 round   30 sec rest</b>	<b>8</b> <b>Edge 4 x 2 mins</b>  <b>25 Push Ups</b> <b>40 Squats</b> <b>50 Ab Crunches</b> <b>60 sec jumping jacks</b> <b>1 round   30 sec rest</b>	<b>9</b> <b>no masturbation</b>  <b>30 Push Ups</b> <b>40 Lunges</b> <b>50 Ab Crunches</b> <b>60 sec jumping jacks</b> <b>1 round   30 sec rest</b>	<b>10</b> <b>Edge 2 x 4 mins</b>  <b>35 Push Ups</b> <b>40 Step Ups</b> <b>50 sec plank</b> <b>60 sec high knees</b> <b>1 round   30 sec rest</b>	<b>11</b> <b>no masturbation</b>  <b>ACTIVE REST DAY</b> <b>Walk 1 mile</b>	<b>12</b> <b>Masturbate to completion</b> <b>20 Push Ups</b> <b>25 Squats</b> <b>30 Ab Crunches</b> <b>40 Jumping Jacks</b> <b>2 rnds   30 sec rest</b>
<b>13</b> <b>No masturbation</b>  <b>25 Push Ups</b> <b>20 Lunges</b> <b>30 Ab Crunches</b> <b>2 rnds   30 sec rest</b>	<b>14</b> <b>Edge 5 x 1 mins</b>  <b>25 Push Ups</b> <b>25 Step Ups</b> <b>45 Sec plank</b> <b>2 rnds   30 sec rest</b>	<b>15</b> <b>Masturbate to completion</b>  <b>ACTIVE REST DAY</b> <b>Walk 1 mile</b>	<b>16</b> <b>No masturbation</b>  <b>30 Push Ups</b> <b>25 Squats</b> <b>30 Ab Crunches</b> <b>2 rnds   30 sec rest</b>	<b>17</b> <b>No masturbation</b>  <b>30 Push Ups</b> <b>25 Lunges</b> <b>30 Sit Ups</b> <b>2 rnds   30 sec rest</b>	<b>18</b> <b>Edge 5 x 1.5 mins</b>  <b>30 Push Ups</b> <b>25 Step Ups</b> <b>45 Sec Plan</b> <b>2 rnds   30 sec rest</b>
<b>19</b> <b>Edge 4 x 2 mins</b>  <b>30 Push Ups</b> <b>20 Squats</b> <b>30 Ab Crunches</b> <b>2 rnds   30 sec rest</b>	<b>20</b> <b>No masturbation</b>  <b>30 Push Ups</b> <b>20 Lunges</b> <b>30 Ab Crunches</b> <b>35 Sec Jumping Jack</b> <b>2 rnds   30 sec rest</b>	<b>21</b> <b>Masturbate to completion</b>  <b>ACTIVE REST DAY</b> <b>Walk 1 mile</b>	<b>22</b> <b>No masturbation</b>  <b>15 Push Ups</b> <b>20 Lunges</b> <b>30 Ab Crunches</b> <b>3 rnds   30 sec rest</b>	<b>23</b> <b>Edge 2 x 3 mins</b>  <b>20 Push Ups</b> <b>20 Step Ups</b> <b>20 Ab Crunches</b> <b>20 sec Jumping Jack</b> <b>3 rnds   30 sec rest</b>	<b>24</b> <b>No masturbation</b>  <b>20 Push Ups</b> <b>15 Lunges</b> <b>20 Ab Crunches</b> <b>3 rnds   30 sec rest</b>
<b>25</b> <b>No masturbation</b>  <b>20 Push Ups</b> <b>20 Squats</b> <b>30 Ab Crunches</b> <b>3 rnds   30 sec rest</b>	<b>26</b> <b>Edge 5 x 1 min</b>  <b>ACTIVE REST DAY</b> <b>Walk 1 mile</b>	<b>27</b> <b>No masturbation</b>  <b>15 Push Ups</b> <b>15 Lunges</b> <b>25 Ab Crunches</b> <b>4 rnds   30 sec rest</b>	<b>28</b> <b>Edge 1 x 5 mins</b>  <b>15 Push Ups</b> <b>15 Step Ups</b> <b>25 Ab Crunches</b> <b>20 Sec Jumping Jack</b> <b>4 rnds   30 sec rest</b>	<b>29</b> <b>No masturbation</b>  <b>15 Push Ups</b> <b>15 Lunges</b> <b>15 Ab Crunches</b> <b>4 rnds   30 sec rest</b>	<b>30</b> <b>Masturbate to completion</b>  <b>20 Push Ups</b> <b>20 Lunges</b> <b>30 Sec Plank</b> <b>4 rnds   30 sec rest</b>

*Louise Payn*