



**BECOME  
INVINCIBLE**

**4 CRAZY GOOD  
FITNESS CHALLENGES TO  
TRANSFORM YOUR BODY  
NOW**

NOT ONE RIVAL



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# WELCOME!

Hey there! I know you're busy and you have a lot on your plate, but that doesn't mean your fitness has to suffer.

I've put together a collection of four amazing challenges that are perfect for anyone who wants to lose weight, get fit, or just build some strength and confidence.

The best part? You don't need a lot of time or space to make them happen - you can start right now, today, with no waiting, no fuss, and no excuses!

These challenges include the 30-Day Cardio Challenge, the 30-Day Squat Challenge, the 7-Day Fitness Challenge, and The Daily 12 - a super-efficient bodyweight burn that's perfect for anyone who wants to torch calories, build muscle, and transform their body in a short amount of time.

Whether you have 10 minutes or 30 minutes, you can make these challenges work for you, and the results will be amazing. You'll feel stronger, more confident, and more motivated than ever before.

So what are you waiting for? Take the first step today and start crushing these challenges. I **promise** you won't regret it!

## LET'S GET STARTED NOW!





# GET STARTED

01

## WHAT DO YOU NEED?

No wasting time here. No gym, no equipment. Just you and a space big enough to fit in.

02

## WHERE DO YOU START?

Pick any challenge that appeals to you and follow it through the end.

Or start with the 7-day, then follow the Daily 12 3-5 days weekly.

Add any 30-day Challenge on top

03

## HOW TO GET THE MOST OUT OF THE CHALLENGES?

Ease into them based on your fitness level

Stay consistent and see them all the way through.

- Eat Healthy
- Stay Motivated
- Enjoy...





# MEET YOUR CHALLENGES



## 7-Day Fitness Challenge

### 7 Days to Sweat, Smile, and Slay!

Share information about the trainer here. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Vestibulum volutpat cursus maximus. Vivamus euismod commodo nisi, eu bibendum diam maximus non.

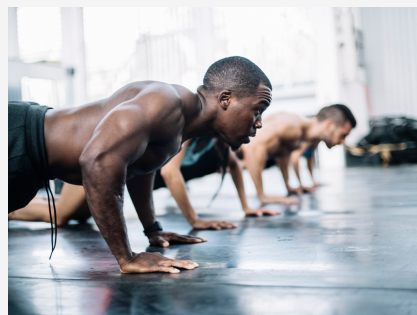


## The Daily 12

### The Ultimate 12-Move Bodyweight Burn!

Ready to get your sweat on and torch some fat? The Daily 12 is a quick is a 12-exercise circuit that you'll do three times in a row without rest.

You'll improve your endurance, get stronger, and burn calories like crazy. So let's do this, and get ready to feel the burn!



## 30-Day Cardio Challenge

### Melt Fat, Build Endurance, Transform Your Body!

Join me on the 30-day cardio challenge and get ready to melt away fat, build endurance, and transform your body with a variety of fun and effective exercises.

It won't be easy, but it will be rewarding and together we'll achieve our fitness goals!



## 30-Day Squat Challenge

### Better Booty in 30 Days!

Boost your booty with the 30-Day Squat Challenge! Do bodyweight squats each day and push to do 10 more reps. It's tough, but worth it for steel buns.

Join me on this challenge and let's work towards stronger and sexier glutes!

# 7-DAY FITNESS CHALLENGE

Our 7-day Fitness Challenge, designed to help you break out of a rut, rekindle your desire to exercise, and challenge yourself in new ways.

## MONDAY

SQUATS X 30 SEC  
CRUNCHES X 30 SEC  
PUSH-UPS X 30 SEC

## TUESDAY

SQUATS X 35 SEC  
CRUNCHES X 35 SEC  
PUSH-UPS X 35 SEC

## WEDNESDAY

SQUATS X 40 SEC  
CRUNCHES X 40 SEC  
PUSH-UPS X 40 SEC

## THURSDAY

SQUATS X 45 SEC  
CRUNCHES X 45 SEC  
PUSH-UPS X 45 SEC

## FRIDAY

SQUATS X 50 SEC  
CRUNCHES X 50 SEC  
PUSH-UPS X 50 SEC

## THURSDAY

SQUATS X 55 SEC  
CRUNCHES X 55 SEC  
PUSH-UPS X 55 SEC

## FRIDAY

SQUATS X 60 SEC  
CRUNCHES X 60 SEC  
PUSH-UPS X 60 SEC



# THE DAILY 12



PERFORM EACH EXERCISE FOR THE  
STATED REPS WITHOUT REST INBETWEEN  
(IF YOU CAN!).

**12** x MOUNTAIN CLIMBERS

**12** x BURPEES

**12** x SQUATS

**12** x RUSSIAN TWISTS

**12** x CRUNCHES

**12** x SQUAT JUMPS

**12** x JUMPING JACKS

**12** x HIGH KNEE JUMP

**12** x PUSH UPS

**12** x LEG RAISES

**12** x FORWARD LUNGES

**12** x REAR LUNGES

**REPEAT X 3**

# THE 30 DAY CARDIO CHALLENGE

Perform the recommended exercises every day. Attempt to do them all in a single set, but rest if you really need to. Perform all the sets and rest for the specified time and get back at it!

<b>1</b> <b>20x</b> MOUNTAIN CLIMBERS 3 SETS   15 SEC REST	<b>2</b> <b>20x</b> PUSH UPS 3 SETS   15 SEC REST	<b>3</b> <b>22x</b> BODYWEIGHT SQUATS 3 SETS   15 SEC REST	<b>4</b> <b>22x</b> STAR JUMPS 3 SETS   15 SEC REST	<b>5</b> <b>24x</b> HIGH KNEES 3 SETS   15 SEC REST
<b>6</b> <b>24x</b> ABDOMINAL CRUNCHES 3 SETS   15 SEC REST	<b>7</b> <b>26x</b> MOUNTAIN CLIMBERS 3 SETS   15 SEC REST	<b>8</b> <b>26x</b> PUSH UPS 3 SETS   15 SEC REST	<b>9</b> <b>28x</b> BODYWEIGHT SQUATS 3 SETS   15 SEC REST	<b>10</b> <b>28x</b> STAR JUMPS 3 SETS   15 SEC REST
<b>11</b> <b>30x</b> HIGH KNEES 3 SETS   15 SEC REST	<b>12</b> <b>30x</b> ABDOMINAL CRUNCHES 3 SETS   15 SEC REST	<b>13</b> <b>32x</b> MOUNTAIN CLIMBERS 3 SETS   15 SEC REST	<b>14</b> <b>32x</b> PUSH UPS 3 SETS   15 SEC REST	<b>15</b> <b>34x</b> BODYWEIGHT SQUATS 3 SETS   15 SEC REST
<b>16</b> <b>34x</b> STAR JUMPS 3 SETS   15 SEC REST	<b>17</b> <b>36x</b> HIGH KNEES 3 SETS   15 SEC REST	<b>18</b> <b>36x</b> ABDOMINAL CRUNCHES 3 SETS   15 SEC REST	<b>19</b> <b>38x</b> MOUNTAIN CLIMBERS 3 SETS   15 SEC REST	<b>20</b> <b>38x</b> PUSH UPS 3 SETS   15 SEC REST
<b>21</b> <b>40x</b> BODYWEIGHT SQUATS 3 SETS   15 SEC REST	<b>22</b> <b>40x</b> STAR JUMPS 3 SETS   15 SEC REST	<b>23</b> <b>42x</b> HIGH KNEES 3 SETS   15 SEC REST	<b>24</b> <b>42x</b> ABDOMINAL CRUNCHES 3 SETS   15 SEC REST	<b>25</b> <b>44x</b> MOUNTAIN CLIMBERS 3 SETS   15 SEC REST
<b>26</b> <b>44x</b> PUSH UPS 3 SETS   15 SEC REST	<b>27</b> <b>46x</b> BODYWEIGHT SQUATS 3 SETS   15 SEC REST	<b>28</b> <b>46x</b> STAR JUMPS 3 SETS   15 SEC REST	<b>29</b> <b>48x</b> HIGH KNEES 3 SETS   15 SEC REST	<b>30</b> <b>48x</b> ABDOMINAL CRUNCHES 3 SETS   15 SEC REST



# THE 30 DAY SQUAT CHALLENGE

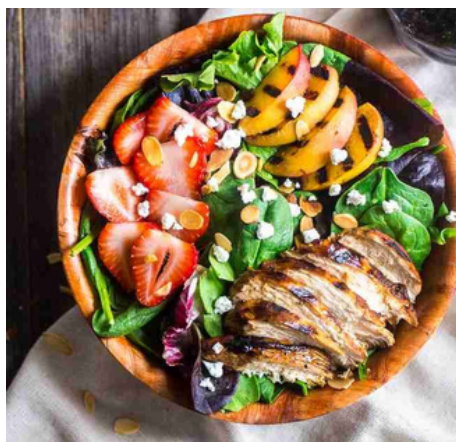
Ready for a booty transformation? Take on the 30 Day Squat Challenge! Each day, do a recommended number of bodyweight squats. Keep your feet shoulder-width apart, your back straight, and aim to complete all reps in one go. If you need to pause, try for at least 10 more. It'll burn, it's tough, but the payoff? Solid buns!

DAY 01.	DAY 02.	DAY 03.	DAY 04.	DAY 05.
<b>50</b> SQUATS	<b>55</b> SQUATS	<b>60</b> SQUATS	<b>65</b> SQUATS	<b>70</b> SQUATS
DAY 06.	DAY 07.	DAY 08.	DAY 09.	DAY 10.
<b>75</b> SQUATS	<b>80</b> SQUATS	<b>85</b> SQUATS	<b>90</b> SQUATS	<b>95</b> SQUATS
DAY 11.	DAY 12.	DAY 13.	DAY 14.	DAY 15.
<b>100</b> SQUATS	<b>105</b> SQUATS	<b>110</b> SQUATS	<b>115</b> SQUATS	<b>120</b> SQUATS
DAY 16.	DAY 17.	DAY 18.	DAY 19.	DAY 20.
<b>125</b> SQUATS	<b>130</b> SQUATS	<b>135</b> SQUATS	<b>140</b> SQUATS	<b>145</b> SQUATS
DAY 21.	DAY 22.	DAY 23.	DAY 24.	DAY 25.
<b>150</b> SQUATS	<b>155</b> SQUATS	<b>160</b> SQUATS	<b>165</b> SQUATS	<b>170</b> SQUATS
DAY 26.	DAY 27.	DAY 28.	DAY 29.	DAY 30.
<b>175</b> SQUATS	<b>180</b> SQUATS	<b>185</b> SQUATS	<b>190</b> SQUATS	<b>195</b> SQUATS

# ADVANCED PROGRAMS

ACCELERATE YOUR RESULTS WITH OUR  
READER FAVORITES - **MASSIVE DISCOUNTS** -

## 28-DAY KETO CHALLENGE



### GET IT HERE

Healthy eating for  
sustainable weight and  
muscle growth

- ✓ Proven weight loss
- ✓ Easy tasty meals
- ✓ Fully customizable
- ✓ Lower cholesterol
- ✓ Increase energy
- ✓ reduce inflammation

## METABOLIC RENEWAL



### GET IT HERE

Women-specific weight  
loss solution focused on  
hormones for long term  
results

- ✓ Tailored for women
- ✓ Simple workouts
- ✓ Healthy lifestyle
- ✓ Long term weight loss
- ✓ Look and feel younger

## HYPERBOLIC STRETCHING



### GET IT HERE

Extreme flexibility and  
mobility to improve  
physical performance  
anywhere

- ✓ Easy to follow
- ✓ Improve mobility
- ✓ Improve fitness
- ✓ Minimize energy
- ✓ Prevent injury
- ✓ Recover from injury

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# GET IN TOUCH

A woman with dark hair in a ponytail, wearing a black sports bra and shorts, is standing on a rocky ledge. She is stretching her right leg, pulling her foot towards her chest. She is wearing white sneakers with purple accents. The background shows a vast landscape of rolling hills or mountains under a clear sky. The overall tone is motivational and active.

## Contact Us

By email at [admin@notonerival.com](mailto:admin@notonerival.com)

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# Injury and Medical Disclaimer

Before starting any exercise program, it's important to consult with a physician or other qualified healthcare provider.

The exercises and programs in this publication are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider before starting any new exercise regimen.

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If you experience any pain, discomfort, or other symptoms during any exercise or program in this publication, you should immediately stop and seek medical attention. Never disregard professional medical advice or delay seeking medical treatment because of something you have read or seen in this publication.

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