



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 2017 BEACH BODY CHALLENGE						
	1 20 Glute Bridges 20 Deadlifts 20 Jumping Jacks 20 Sec Plank Total	2 20 Glute Bridges 20 Deadlifts 20 Jumping Jacks 25 Sec Plank Total	3 20 Glute Bridges 20 Deadlifts 20 Jumping Jacks 30 Sec Plank Total	4 20 Glute Bridges 20 Deadlifts 20 Jumping Jacks 30 Sec Plank Total	5 20 Glute Bridges 20 Deadlifts 20 Jumping Jacks 35 Sec Plank Total	6 25 Glute Bridges 25 Deadlifts 25 Jumping Jacks 40 Sec Plank Total
7 REST DAY	8 25 Glute Bridges 25 Deadlifts 25 Jumping Jacks 40 Sec Plank Total	9 30 Glute Bridges 30 Deadlifts 30 Jumping Jacks 45 Sec Plank Total	10 30 Glute Bridges 30 Deadlifts 30 Jumping Jacks 50 Sec Plank Total	11 30 Glute Bridges 30 Deadlifts 30 Jumping Jacks 50 Sec Plank Total	12 30 Glute Bridges 30 Deadlifts 30 Jumping Jacks 55 Sec Plank Total	13 35 Glute Bridges 35 Deadlifts 35 Jumping Jacks 60 Sec Plank Total
14 REST DAY	15 35 Glute Bridges 35 Deadlifts 35 Jumping Jacks 60 Sec Plank Total	16 40 Glute Bridges 40 Deadlifts 40 Jumping Jacks 65 Sec Plank Total	17 40 Glute Bridges 40 Deadlifts 40 Jumping Jacks 70 Sec Plank Total	18 40 Glute Bridges 40 Deadlifts 40 Jumping Jacks 75 Sec Plank Total	19 40 Glute Bridges 40 Deadlifts 40 Jumping Jacks 80 Sec Plank Total	18 45 Glute Bridges 45 Deadlifts 45 Jumping Jacks 85 Sec Plank Total
21 REST DAY	22 45 Glute Bridges 45 Deadlifts 45 Jumping Jacks 85 Sec Plank Total	23 50 Glute Bridges 50 Deadlifts 50 Jumping Jacks 90 Sec Plank Total	24 50 Glute Bridges 50 Deadlifts 50 Jumping Jacks 95 Sec Plank Total	25 50 Glute Bridges 50 Deadlifts 50 Jumping Jacks 100 Sec Plank Total	26 50 Glute Bridges 50 Deadlifts 50 Jumping Jacks 105 Sec Plank Total	27 55 Glute Bridges 55 Deadlifts 55 Jumping Jacks 110 Sec Plank Total
28 REST DAY	29 55 Glute Bridges 55 Deadlifts 55 Jumping Jacks 110 Sec Plank Total	30 60 Glute Bridges 60 Deadlifts 60 Jumping Jacks 115 Sec Plank Total	31 60 Glute Bridges 60 Deadlifts 60 Jumping Jacks 120 Sec Plank Total			

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Notes: These challenges are designed to be above and beyond what we do at boot camp. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count or do a 2nd round. You can start the challenge on any day that you want. You can change up the various exercises to keep it fresh throughout the month. **Glute Bridges** - you can add a weight or you can do a leg extension, march them, leg up to the sky or golden gate. **Deadlifts** - you can do single leg. **Jumping Jacks** - stepping jacks, wacky jacks, split jacks, squat jacks, star jacks, etc. **Plank** - can be done from knees or toes. Can do twisting planks, plank jacks, hip dips, arm pass through, leg pass through, shoulder tap, side plank, plank to pillar (forearms), single arm lift, single leg lift, etc.