



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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OCTOBER 2017 "BOO"-TY CHALLENGE

1 REST DAY	2 6 Donkey Kicks Standing Leg Raises 6 Clamshells 6 Burpees Each Leg	3 6 Hydrants 6 Single Leg Dead Lifts 6 March Glute Bridges 6 Burpees Each Leg	4 8 Donkey Kicks 8 Standing Leg Raises 8 Clamshells 8 Burpees Each Leg	5 8 Hydrants 8 Single Leg Dead Lifts 8 March Glute Bridges 8 Burpees Each Leg	6 10 Donkey Kicks 10 Standing Leg Raises 10 Clamshells 10 Burpees Each Leg	7 10 Hydrants 10 Single Leg Dead Lifts 10 March Glute Bridges 10 Burpees Each Leg
8 REST DAY	9 12 Donkey Kicks 12 Standing Leg Raises 12 Clamshells 10 Burpees Each Leg	10 12 Hydrants 12 Single Leg Dead Lifts 12 March Glute Bridges 10 Burpees Each Leg	11 14 Donkey Kicks 14 Standing Leg Raises 14 Clamshells 10 Burpees Each Leg	12 14 Hydrants 14 Single Leg Dead Lifts 14 March Glute Bridges 10 Burpees Each Leg	13 16 Donkey Kicks 16 Standing Leg Raises 16 Clamshells 10 Burpees Each Leg	14 16 Hydrants 16 Single Leg Dead Lifts 16 March Glute Bridges 10 Burpees Each Leg
15 REST DAY	16 18 Donkey Kicks 18 Standing Leg Raises 18 Clamshells 10 Burpees Each Leg	17 18 Hydrants 18 Single Leg Dead Lifts 18 March Glute Bridges 10 Burpees Each Leg	18 20 Donkey Kicks 20 Standing Leg Raises 20 Clamshells 10 Burpees Each Leg	19 20 Hydrants 20 Single Leg Dead Lifts 20 March Glute Bridges 10 Burpees Each Leg	20 22 Donkey Kicks 22 Standing Leg Raises 22 Clamshells 10 Burpees Each Leg	21 22 Hydrants 22 Single Leg Dead Lifts 22 March Glute Bridges 10 Burpees Each Leg
22 REST DAY	23 24 Donkey Kicks 24 Standing Leg Raises 24 Clamshells 10 Burpees Each Leg	24 24 Hydrants 24 Single Leg Dead Lifts 24 March Glute Bridges 10 Burpees Each Leg	25 26 Donkey Kicks 26 Standing Leg Raises 26 Clamshells 10 Burpees Each Leg	26 26 Hydrants 26 Single Leg Dead Lifts 26 March Glute Bridges 10 Burpees Each Leg	27 28 Donkey Kicks 28 Standing Leg Raises 28 Clamshells 10 Burpees Each Leg	28 28 Hydrants 28 Single Leg Dead Lifts 28 March Glute Bridges 10 Burpees Each Leg
29 REST DAY	30 30 Donkey Kicks 30 Standing Leg Raises 30 Clamshells 10 Burpees Each Leg	31 30 Hydrants 30 Single Leg Dead Lifts 30 March Glute Bridges 10 Burpees Each Leg				

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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.