



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2018 WALL SIT CHALLENGE						
1 REST DAY	2 B - 15 sec I - 30 sec A - 1 Minutes U - 2 Minutes Total for the Day	3 B - 15 sec I - 35 sec A - 1 min 10 sec U - 2 min 10 sec Total for the Day	4 B - 15 sec I - 40 sec A - 1 min 20 sec U - 2 min 20 sec Total for the Day	5 B - 20 sec I - 45 sec A - 1 min 30 sec U - 2 min 30 sec Total for the Day	6 B - 20 sec I - 50 sec A - 1 min 40 sec U - 2 min 40 sec Total for the Day	7 B - 20 sec I - 55 sec A - 1 min 50 sec U - 2 min 50 sec Total for the Day
8 REST DAY	9 B - 25 Seconds I - 1 Minute A - 2 Minutes U - 3 Minutes Total for the Day	10 B - 25 sec I - 1 min 10 sec A - 2 min 10 sec U - 3 min 10 sec Total for the Day	11 B - 30 sec I - 1 min 20 sec A - 2 min 20 sec U - 3 min 20 sec Total for the Day	12 B - 30 sec I - 1 min 30 sec A - 2 min 30 sec U - 3 min 30 sec Total for the Day	13 B - 35 sec I - 1 min 40 sec A - 2 min 40 sec U - 3 min 40 sec Total for the Day	14 B - 35 sec I - 1 min 50 sec A - 2 min 50 sec U - 3 min 50 sec Total for the Day
15 REST DAY	16 B - 40 Seconds I - 2 Minutes A - 3 Minutes U - 4 Minutes Total for the Day	17 B - 40 sec I - 2 min 10 sec A - 3 min 10 sec U - 4 min 10 sec Total for the Day	18 B - 45 sec I - 2 min 20 sec A - 3 min 20 sec U - 4 min 20 sec Total for the Day	19 B - 45 sec I - 2 min 30 sec A - 3 min 30 sec U - 4 min 30 sec Total for the Day	20 B - 50 sec I - 2 min 40 sec A - 3 min 40 sec U - 4 min 40 sec Total for the Day	21 B - 50 sec I - 2 min 50 sec A - 3 min 50 sec U - 4 min 50 sec Total for the Day
22 REST DAY	23 B - 1 Minute I - 3 Minutes A - 4 Minutes U - 5 Minutes Total for the Day	24 B - 1 min 10 sec I - 3 min 10 sec A - 4 min 10 sec U - 5 min 10 sec Total for the Day	25 B - 1 min 20 sec I - 3 min 20 sec A - 4 min 20 sec U - 5 min 20 sec Total for the Day	26 B - 1 min 30 sec I - 3 min 30 sec A - 4 min 30 sec U - 5 min 30 sec Total for the Day	27 B - 1 min 40 sec I - 3 min 40 sec A - 4 min 40 sec U - 5 min 40 sec Total for the Day	28 B - 1 min 50 sec I - 3 min 50 sec A - 4 min 50 sec U - 5 min 50 sec Total for the Day
29 REST DAY	30 B - 2 Min or ALAP I - 4 Min or ALAP A - 5 Min or ALAP U - 6 Min or ALAP Total for the Day	If you are looking for mor of a challenge, you can do the wall sit with a heel lift.	For even more of a challenge you can do the wall sit with a heel lift and lower.	On the Last Day, try to hold it as long as possible.	Then post how long you were able to hold it to our site.	B- Beginner I- Intermediate A- Advanced U- Ultra

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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 variations of the exercises if you want to mix it up.