



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2018 ABS & ARMS CHALLENGE						
					1 10 Crunches 10 Heel Taps 10 Sprinter Sit Ups 10 Reverse Crunches Total for the Day	2 10 Crunches 10 Heel Taps 10 Sprinter Sit Ups 10 Reverse Crunches Total for the Day
3 REST DAY	4 12 Crunches 12 Heel Taps 12 Sprinter Sit Ups 12 Reverse Crunches Total for the Day	5 12 Crunches 12 Heel Taps 12 Sprinter Sit Ups 12 Reverse Crunches Total for the Day	6 15 Crunches 15 Heel Taps 15 Sprinter Sit Ups 15 Reverse Crunches Total for the Day	7 15 Crunches 15 Heel Taps 15 Sprinter Sit Ups 15 Reverse Crunches Total for the Day	8 18 Crunches 18 Heel Taps 18 Sprinter Sit Ups 18 Reverse Crunches Total for the Day	9 18 Crunches 18 Heel Taps 18 Sprinter Sit Ups 18 Reverse Crunches Total for the Day
10 REST DAY	11 20 Crunches 20 Heel Taps 20 Sprinter Sit Ups 20 Reverse Crunches Total for the Day	12 22 Crunches 22 Heel Taps 22 Sprinter Sit Ups 22 Reverse Crunches Total for the Day	13 25 Crunches 25 Heel Taps 25 Sprinter Sit Ups 25 Reverse Crunches Total for the Day	14 28 Crunches 28 Heel Taps 28 Sprinter Sit Ups 28 Reverse Crunches Total for the Day	15 30 Crunches 30 Heel Taps 30 Sprinter Sit Ups 30 Reverse Crunches Total for the Day	16 10 Rows 10 Biceps 10 Reverse Fly 10 Triceps Total for the Day
17 REST DAY	18 10 Rows 10 Biceps 10 Reverse Fly 10 Triceps Total for the Day	19 12 Rows 12 Biceps 12 Reverse Fly 12 Triceps Total for the Day	20 12 Rows 12 Biceps 12 Reverse Fly 12 Triceps Total for the Day	21 15 Rows 15 Biceps 15 Reverse Fly 15 Triceps Total for the Day	22 15 Rows 15 Biceps 15 Reverse Fly 15 Triceps Total for the Day	23 18 Rows 18 Biceps 18 Reverse Fly 18 Triceps Total for the Day
24 REST DAY	25 18 Rows 18 Biceps 18 Reverse Fly 18 Triceps Total for the Day	26 20 Rows 20 Biceps 20 Reverse Fly 20 Triceps Total for the Day	27 22 Rows 22 Biceps 22 Reverse Fly 22 Triceps Total for the Day	28 25 Rows 25 Biceps 25 Reverse Fly 25 Triceps Total for the Day	29 28 Rows 28 Biceps 28 Reverse Fly 28 Triceps Total for the Day	30 30 Rows 30 Biceps 30 Reverse Fly 30 Triceps Total for the Day

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Notes: These challenges are designed to be above and beyond what you do at your fitness sessions. 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 2 rounds. You can start the challenge on any day that you want. You can change up the variations of the exercises or pick a completely different core or arm exercise. i.e. Rows: seated, one armed; Biceps - change the hand position or go halfway up, halfway down and then full extension; Reverse Fly's - standing or lying; Triceps - extensions, skull crushers, dips.