



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST 2018 KICKING/PUNCHING CHALLENGE</b>						
			<b>1</b> 10 Palm Punches 10 Jab Crossover 10 Upper Cuts 10 Jump Up & Punch Each Side	<b>2</b> 10 Squat w/Frt Kick 10 Squat w/RS Kick 10 Squat w/BK Kick 10 Squat w/LS Kick Frt & Bk Each Leg	<b>3</b> 10 Palm Punches 10 Jab Crossover 10 Upper Cuts 10 Jump Up & Punch Each Side	<b>4</b> 10 Squat w/Frt Kick 10 Squat w/RS Kick 10 Squat w/BK Kick 10 Squat w/LS Kick Frt & Bk Each Leg
<b>5</b> <b>REST DAY</b>	<b>6</b> 12 Palm Punches 12 Jab Crossover 12 Upper Cuts 12 Jump Up & Punch Each Side	<b>7</b> 12 Squat w/Frt Kick 12 Squat w/RS Kick 12 Squat w/BK Kick 12 Squat w/LS Kick Frt & Bk Each Leg	<b>8</b> 12 Palm Punches 12 Jab Crossover 12 Upper Cuts 12 Jump Up & Punch Each Side	<b>9</b> 12 Squat w/Frt Kick 12 Squat w/RS Kick 12 Squat w/BK Kick 12 Squat w/LS Kick Frt & Bk Each Leg	<b>10</b> 15 Palm Punches 15 Jab Crossover 15 Upper Cuts 15 Jump Up & Punch Each Side	<b>11</b> 15 Squat w/Frt Kick 15 Squat w/RS Kick 15 Squat w/BK Kick 15 Squat w/LS Kick Frt & Bk Each Leg
<b>12</b> <b>REST DAY</b>	<b>13</b> 15 Palm Punches 15 Jab Crossover 15 Upper Cuts 15 Jump Up & Punch Each Side	<b>14</b> 15 Squat w/Frt Kick 15 Squat w/RS Kick 15 Squat w/BK Kick 15 Squat w/LS Kick Frt & Bk Each Leg	<b>15</b> 18 Palm Punches 18 Jab Crossover 18 Upper Cuts 18 Jump Up & Punch Each Side	<b>16</b> 18 Squat w/Frt Kick 18 Squat w/RS Kick 18 Squat w/BK Kick 18 Squat w/LS Kick Frt & Bk Each Leg	<b>17</b> 18 Palm Punches 18 Jab Crossover 18 Upper Cuts 18 Jump Up & Punch Each Side	<b>18</b> 18 Squat w/Frt Kick 18 Squat w/RS Kick 18 Squat w/BK Kick 18 Squat w/LS Kick Frt & Bk Each Leg
<b>19</b> <b>REST DAY</b>	<b>20</b> 20 Palm Punches 20 Jab Crossover 20 Upper Cuts 20 Jump Up & Punch Each Side	<b>21</b> 20 Squat w/Frt Kick 20 Squat w/RS Kick 20 Squat w/BK Kick 20 Squat w/LS Kick Frt & Bk Each Leg	<b>22</b> 20 Palm Punches 20 Jab Crossover 20 Upper Cuts 20 Jump Up & Punch Each Side	<b>23</b> 20 Squat w/Frt Kick 20 Squat w/RS Kick 20 Squat w/BK Kick 20 Squat w/LS Kick Frt & Bk Each Leg	<b>24</b> 22 Palm Punches 22 Jab Crossover 22 Upper Cuts 22 Jump Up & Punch Each Side	<b>25</b> 22 Squat w/Frt Kick 22 Squat w/RS Kick 22 Squat w/BK Kick 22 Squat w/LS Kick Frt & Bk Each Leg
<b>26</b> <b>REST DAY</b>	<b>27</b> 22 Palm Punches 22 Jab Crossover 22 Upper Cuts 22 Jump Up & Punch Each Side	<b>28</b> 22 Squat w/Frt Kick 22 Squat w/RS Kick 22 Squat w/BK Kick 22 Squat w/LS Kick Frt & Bk Each Leg	<b>29</b> 25 Palm Punches 25 Jab Crossover 25 Upper Cuts 25 Jump Up & Punch Each Side	<b>30</b> 25 Squat w/Frt Kick 25 Squat w/RS Kick 25 Squat w/BK Kick 25 Squat w/LS Kick Frt & Bk Each Leg	<b>31</b> 25 Palm Punches 25 Jab Crossover 25 Upper Cuts 25 Jump Up & Punch Each Side	

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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. You can start the challenge on any day that you want. You can do these exercises with or without weights.