



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SEPT 30 DAY CARDIO CHALLENGE</b>						
						<b>1</b> 10 Frog Jumps 10 Fast Mtn. Climbers 10 Jumping Jacks 10 Jump/Step Ups <b>Total</b>
<b>2</b> <b>REST DAY</b>	<b>3</b> 10 Frog Jumps 10 Fast Mtn. Climbers 10 Jumping Jacks 10 Jump/Step Ups <b>Total</b>	<b>4</b> 12 Frog Jumps 12 Fast Mtn. Climbers 12 Jumping Jacks 12 Jump/Step Ups <b>Total</b>	<b>5</b> 14 Frog Jumps 14 Fast Mtn. Climbers 14 Jumping Jacks 14 Jump/Step Ups <b>Total</b>	<b>6</b> 16 Frog Jumps 16 Fast Mtn. Climbers 16 Jumping Jacks 16 Jump/Step Ups <b>Total</b>	<b>7</b> 18 Frog Jumps 18 Fast Mtn. Climbers 18 Jumping Jacks 18 Jump/Step Ups <b>Total</b>	<b>8</b> 20 Frog Jumps 20 Fast Mtn. Climbers 20 Jumping Jacks 20 Jump/Step Ups <b>Total</b>
<b>9</b> <b>REST DAY</b>	<b>10</b> 20 Frog Jumps 20 Fast Mtn. Climbers 20 Jumping Jacks 20 Jump/Step Ups <b>Total</b>	<b>11</b> 22 Frog Jumps 22 Fast Mtn. Climbers 22 Jumping Jacks 22 Jump/Step Ups <b>Total</b>	<b>12</b> 24 Frog Jumps 24 Fast Mtn. Climbers 24 Jumping Jacks 24 Jump/Step Ups <b>Total</b>	<b>13</b> 26 Frog Jumps 26 Fast Mtn. Climbers 26 Jumping Jacks 26 Jump/Step Ups <b>Total</b>	<b>14</b> 28 Frog Jumps 28 Fast Mtn. Climbers 28 Jumping Jacks 28 Jump/Step Ups <b>Total</b>	<b>15</b> 30 Frog Jumps 30 Fast Mtn. Climbers 30 Jumping Jacks 30 Jump/Step Ups <b>Total</b>
<b>16</b> <b>REST DAY</b>	<b>17</b> 30 Frog Jumps 30 Fast Mtn. Climbers 30 Jumping Jacks 30 Jump/Step Ups <b>Total</b>	<b>18</b> 32 Frog Jumps 32 Fast Mtn. Climbers 32 Jumping Jacks 32 Jump/Step Ups <b>Total</b>	<b>19</b> 34 Frog Jumps 34 Fast Mtn. Climbers 34 Jumping Jacks 34 Jump/Step Ups <b>Total</b>	<b>20</b> 36 Frog Jumps 36 Fast Mtn. Climbers 36 Jumping Jacks 36 Jump/Step Ups <b>Total</b>	<b>21</b> 38 Frog Jumps 38 Fast Mtn. Climbers 38 Jumping Jacks 38 Jump/Step Ups <b>Total</b>	<b>22</b> 40 Frog Jumps 40 Fast Mtn. Climbers 40 Jumping Jacks 40 Jump/Step Ups <b>Total</b>
<b>23</b> <b>REST DAY</b>	<b>24</b> 40 Frog Jumps 40 Fast Mtn. Climbers 40 Jumping Jacks 40 Jump/Step Ups <b>Total</b>	<b>25</b> 42 Frog Jumps 42 Fast Mtn. Climbers 42 Jumping Jacks 42 Jump/Step Ups <b>Total</b>	<b>26</b> 44 Frog Jumps 44 Fast Mtn. Climbers 44 Jumping Jacks 44 Jump/Step Ups <b>Total</b>	<b>27</b> 46 Frog Jumps 46 Fast Mtn. Climbers 46 Jumping Jacks 46 Jump/Step Ups <b>Total</b>	<b>28</b> 48 Frog Jumps 48 Fast Mtn. Climbers 48 Jumping Jacks 48 Jump/Step Ups <b>Total</b>	<b>29</b> 50 Frog Jumps 50 Fast Mtn. Climbers 50 Jumping Jacks 50 Jump/Step Ups <b>Total</b>

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**Notes:** You can start the challenge on any day that you want. 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.