



**GYIS**

More Than Just Fitness!

# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY COREDIO CHALLENGE</b>						
					<b>1</b> 12 Log Jumps 12 Windshield Wipers 12 Mummy Kicks 12 Punch & Twist <b>Total for the Day</b>	<b>2</b> 12 Long Jump/Hop Back 12 V-Sits 12 180 Jumps 12 Oblique Reaches <b>Total for the Day</b>
<b>3</b> <b>REST DAY</b>	<b>4</b> 15 Log Jumps 15 Windshield Wipers 15 Mummy Kicks 15 Punch & Twist <b>Total for the Day</b>	<b>5</b> 15 Long Jump/Hop Back 15 V-Sits 15 180 Jumps 15 Oblique Reaches <b>Total for the Day</b>	<b>6</b> 18 Log Jumps 18 Windshield Wipers 18 Mummy Kicks 18 Punch & Twist <b>Total for the Day</b>	<b>7</b> 15 Long Jump/Hop Back 15 V-Sits 15 180 Jumps 15 Oblique Reaches <b>Total for the Day</b>	<b>8</b> 20 Log Jumps 20 Windshield Wipers 20 Mummy Kicks 20 Punch & Twist <b>Total for the Day</b>	<b>9</b> 20 Long Jump/Hop Back 20 V-Sits 20 180 Jumps 20 Oblique Reaches <b>Total for the Day</b>
<b>10</b> <b>REST DAY</b>	<b>11</b> 22 Log Jumps 22 Windshield Wipers 22 Mummy Kicks 22 Punch & Twist <b>Total for the Day</b>	<b>12</b> 22 Long Jump/Hop Back 22 V-Sits 22 180 Jumps 22 Oblique Reaches <b>Total for the Day</b>	<b>13</b> 25 Log Jumps 25 Windshield Wipers 25 Mummy Kicks 25 Punch & Twist <b>Total for the Day</b>	<b>14</b> 25 Long Jump/Hop Back 25 V-Sits 25 180 Jumps 25 Oblique Reaches <b>Total for the Day</b>	<b>15</b> 28 Log Jumps 28 Windshield Wipers 28 Mummy Kicks 28 Punch & Twist <b>Total for the Day</b>	<b>16</b> 28 Long Jump/Hop Back 28 V-Sits 28 180 Jumps 28 Oblique Reaches <b>Total for the Day</b>
<b>17</b> <b>REST DAY</b>	<b>18</b> 30 Log Jumps 30 Windshield Wipers 30 Mummy Kicks 30 Punch & Twist <b>Total for the Day</b>	<b>19</b> 30 Long Jump/Hop Back 30 V-Sits 30 180 Jumps 30 Oblique Reaches <b>Total for the Day</b>	<b>20</b> 32 Log Jumps 32 Windshield Wipers 32 Mummy Kicks 32 Punch & Twist <b>Total for the Day</b>	<b>21</b> 32 Long Jump/Hop Back 32 V-Sits 32 180 Jumps 32 Oblique Reaches <b>Total for the Day</b>	<b>22</b> 35 Log Jumps 35 Windshield Wipers 35 Mummy Kicks 35 Punch & Twist <b>Total for the Day</b>	<b>23</b> 35 Long Jump/Hop Back 35 V-Sits 35 180 Jumps 35 Oblique Reaches <b>Total for the Day</b>
<b>24</b> <b>REST DAY</b>	<b>25</b> 38 Log Jumps 38 Windshield Wipers 38 Mummy Kicks 38 Punch & Twist <b>Total for the Day</b>	<b>26</b> 38 Long Jump/Hop Back 38 V-Sits 38 180 Jumps 38 Oblique Reaches <b>Total for the Day</b>	<b>27</b> 40 Log Jumps 40 Windshield Wipers 40 Mummy Kicks 40 Punch & Twist <b>Total for the Day</b>	<b>28</b> 40 Long Jump/Hop Back 40 V-Sits 40 180 Jumps 40 Oblique Reaches <b>Total for the Day</b>		

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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 cardio exercise.