



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>APRIL JUMPING JACKS WITH A TWIST CHALLENGE</b>						
	<b>1</b> 25 Jumping Jacks 10 Jumping Planks <b>Total for the Day</b>	<b>2</b> 30 Squat Jacks 12 Jumping Planks <b>Total for the Day</b>	<b>3</b> 35 Crossover Jacks 14 Jumping Planks <b>Total for the Day</b>	<b>4</b> 40 Wacky (oblique) Jacks 16 Jumping Planks <b>Total for the Day</b>	<b>5</b> 45 Star Jump Jacks 18 Jumping Planks <b>Total for the Day</b>	<b>6</b> 50 Seal Jacks 20 Jumping Planks <b>Total for the Day</b>
<b>7</b> <b>REST DAY</b>	<b>8</b> 55 Jumping Jacks 22 Jumping Planks <b>Total for the Day</b>	<b>9</b> 60 Squat Jacks 24 Jumping Planks <b>Total for the Day</b>	<b>10</b> 65 Crossover Jacks 26 Jumping Planks <b>Total for the Day</b>	<b>11</b> 70 Wacky (oblique) Jacks 28 Jumping Planks <b>Total for the Day</b>	<b>12</b> 75 Star Jump Jacks 30 Jumping Planks <b>Total for the Day</b>	<b>13</b> 80 Seal Jacks 32 Jumping Planks <b>Total for the Day</b>
<b>14</b> <b>REST DAY</b>	<b>15</b> 85 Jumping Jacks 34 Jumping Planks <b>Total for the Day</b>	<b>16</b> 90 Squat Jacks 36 Jumping Planks <b>Total for the Day</b>	<b>17</b> 95 Crossover Jacks 38 Jumping Planks <b>Total for the Day</b>	<b>18</b> 100 Wacky (oblique) Jacks 40 Jumping Planks <b>Total for the Day</b>	<b>19</b> 105 Star Jump Jacks 42 Jumping Planks <b>Total for the Day</b>	<b>20</b> 110 Seal Jacks 44 Jumping Planks <b>Total for the Day</b>
<b>21</b> <b>REST DAY</b>	<b>22</b> 115 Jumping Jacks 46 Jumping Planks <b>Total for the Day</b>	<b>23</b> 120 Squat Jacks 48 Jumping Planks <b>Total for the Day</b>	<b>24</b> 125 Crossover Jacks 50 Jumping Planks <b>Total for the Day</b>	<b>25</b> 130 Wacky (oblique) Jacks 52 Jumping Planks <b>Total for the Day</b>	<b>26</b> 135 Star Jump Jacks 54 Jumping Planks <b>Total for the Day</b>	<b>27</b> 140 Seal Jacks 56 Jumping Planks <b>Total for the Day</b>
<b>28</b> <b>REST DAY</b>	<b>29</b> 145 Jumping Jacks 58 Jumping Planks <b>Total for the Day</b>	<b>30</b> 150 Squat Jacks 60 Jumping Planks <b>Total for the Day</b>				

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**Notes:** These challenges are designed to be above and beyond your regular workout routine. 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.