



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 2019 OH M(a)Y THIGH CHALLENGE						
			1 10 Sideways Sissors 10 Donkey Kicks 10 Fire Hydrants 10 Inner Thigh Lift Each Leg	2 11 Sideways Sissors 11 Donkey Kicks 11 Fire Hydrants 11 Inner Thigh Lift Each Leg	3 12 Sideways Sissors 12 Donkey Kicks 12 Fire Hydrants 12 Inner Thigh Lift Each Leg	4 13 Sideways Sissors 13 Donkey Kicks 13 Fire Hydrants 13 Inner Thigh Lift Each Leg
5 REST DAY	6 14 Sideways Sissors 14 Donkey Kicks 14 Fire Hydrants 14 Inner Thigh Lift Each Leg	7 15 Sideways Sissors 15 Donkey Kicks 15 Fire Hydrants 15 Inner Thigh Lift Each Leg	8 16 Sideways Sissors 16 Donkey Kicks 16 Fire Hydrants 16 Inner Thigh Lift Each Leg	9 17 Sideways Sissors 17 Donkey Kicks 17 Fire Hydrants 17 Inner Thigh Lift Each Leg	10 18 Sideways Sissors 18 Donkey Kicks 18 Fire Hydrants 18 Inner Thigh Lift Each Leg	11 19 Sideways Sissors 19 Donkey Kicks 19 Fire Hydrants 19 Inner Thigh Lift Each Leg
12 REST DAY	13 20 Sideways Sissors 20 Donkey Kicks 20 Fire Hydrants 20 Inner Thigh Lift Each Leg	14 21 Sideways Sissors 21 Donkey Kicks 21 Fire Hydrants 21 Inner Thigh Lift Each Leg	15 22 Sideways Sissors 22 Donkey Kicks 22 Fire Hydrants 22 Inner Thigh Lift Each Leg	16 23 Sideways Sissors 23 Donkey Kicks 23 Fire Hydrants 23 Inner Thigh Lift Each Leg	17 24 Sideways Sissors 24 Donkey Kicks 24 Fire Hydrants 24 Inner Thigh Lift Each Leg	18 25 Sideways Sissors 25 Donkey Kicks 25 Fire Hydrants 25 Inner Thigh Lift Each Leg
19 REST DAY	20 26 Sideways Sissors 26 Donkey Kicks 26 Fire Hydrants 26 Inner Thigh Lift Each Leg	21 27 Sideways Sissors 27 Donkey Kicks 27 Fire Hydrants 27 Inner Thigh Lift Each Leg	22 28 Sideways Sissors 28 Donkey Kicks 28 Fire Hydrants 28 Inner Thigh Lift Each Leg	23 29 Sideways Sissors 29 Donkey Kicks 29 Fire Hydrants 29 Inner Thigh Lift Each Leg	24 30 Sideways Sissors 30 Donkey Kicks 30 Fire Hydrants 30 Inner Thigh Lift Each Leg	25 31 Sideways Sissors 31 Donkey Kicks 31 Fire Hydrants 31 Inner Thigh Lift Each Leg
26 REST DAY	27 32 Sideways Sissors 32 Donkey Kicks 32 Fire Hydrants 32 Inner Thigh Lift Each Leg	28 33 Sideways Sissors 33 Donkey Kicks 33 Fire Hydrants 33 Inner Thigh Lift Each Leg	29 34 Sideways Sissors 34 Donkey Kicks 34 Fire Hydrants 34 Inner Thigh Lift Each Leg	30 35 Sideways Sissors 35 Donkey Kicks 35 Fire Hydrants 35 Inner Thigh Lift Each Leg	31 36 Sideways Sissors 36 Donkey Kicks 36 Fire Hydrants 36 Inner Thigh Lift Each Leg	

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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.