



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY ARM & PLANK CHALLENGE						
	1 10 Chest Press 10 Biceps 10 Triceps 10 Rows 30 Sec Plank Total for the Day	2 11 Chest Press 11 Biceps 11 Triceps 11 Rows 30 Sec Plank Total for the Day	3 12 Chest Press 12 Biceps 12 Triceps 12 Rows 30 Sec Plank Total for the Day	4 Happy 4th of July! Total for the Day	5 13 Chest Press 13 Biceps 13 Triceps 13 Rows 30 Sec Plank Total for the Day	6 14 Chest Press 14 Biceps 14 Triceps 14 Rows 30 Sec Plank Total for the Day
7 REST DAY	8 15 Chest Press 15 Biceps 15 Triceps 15 Rows 45 Sec Plank Total for the Day	9 16 Chest Press 16 Biceps 16 Triceps 16 Rows 45 Sec Plank Total for the Day	10 17 Chest Press 17 Biceps 17 Triceps 17 Rows 45 Sec Plank Total for the Day	11 18 Chest Press 18 Biceps 18 Triceps 18 Rows 45 Sec Plank Total for the Day	12 19 Chest Press 19 Biceps 19 Triceps 19 Rows 45 Sec Plank Total for the Day	13 20 Chest Press 20 Biceps 20 Triceps 20 Rows 45 Sec Plank Total for the Day
14 REST DAY	15 21 Chest Press 21 Biceps 21 Triceps 21 Rows 60 Sec Plank Total for the Day	16 22 Chest Press 22 Biceps 22 Triceps 22 Rows 60 Sec Plank Total for the Day	17 23 Chest Press 23 Biceps 23 Triceps 23 Rows 60 Sec Plank Total for the Day	18 24 Chest Press 24 Biceps 24 Triceps 24 Rows 60 Sec Plank Total for the Day	19 25 Chest Press 25 Biceps 25 Triceps 25 Rows 60 Sec Plank Total for the Day	20 26 Chest Press 26 Biceps 26 Triceps 26 Rows 60 Sec Plank Total for the Day
21 REST DAY	22 27 Chest Press 27 Biceps 27 Triceps 27 Rows 75 Sec Plank Total for the Day	23 28 Chest Press 28 Biceps 28 Triceps 28 Rows 75 Sec Plank Total for the Day	24 29 Chest Press 29 Biceps 29 Triceps 29 Rows 75 Sec Plank Total for the Day	25 30 Chest Press 30 Biceps 30 Triceps 30 Rows 75 Sec Plank Total for the Day	26 31 Chest Press 31 Biceps 31 Triceps 31 Rows 75 Sec Plank Total for the Day	27 32 Chest Press 32 Biceps 32 Triceps 32 Rows 75 Sec Plank Total for the Day
28 REST DAY	29 33 Chest Press 33 Biceps 33 Triceps 33 Rows 90 Sec Plank Total for the Day	30 34 Chest Press 34 Biceps 34 Triceps 34 Rows 90 Sec Plank Total for the Day	31 35 Chest Press 35 Biceps 35 Triceps 35 Rows 90 Sec Plank Total for the Day			

www.getyouinshape.com

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 or do a 2nd round. You can start the challenge on any day that you want. You can change up the variations of the various exercises or feel free to substitute any exercise.