



# 30-DAY CHALLENGE

IO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SEPTEMBER 2017 CARDIO/PUSHUP CHALLENGE</b>						
					<b>1</b> 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 10 Pushups Total for the Day	<b>2</b> 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 10 Pushups Total for the Day
<b>3</b> <b>REST DAY</b>	<b>4</b> 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 10 Pushups Total for the Day	<b>5</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day	<b>6</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day	<b>7</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day	<b>8</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day	<b>9</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day
<b>10</b> <b>REST DAY</b>	<b>11</b> 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 12 Pushups Total for the Day	<b>12</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day	<b>13</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day	<b>14</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day	<b>15</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day	<b>16</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day
<b>17</b> <b>REST DAY</b>	<b>18</b> 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 15 Pushups Total for the Day	<b>19</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day	<b>20</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day	<b>21</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day	<b>22</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day	<b>23</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day
<b>24</b> <b>REST DAY</b>	<b>25</b> 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups Total for the Day	<b>26</b> 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups Total for the Day	<b>27</b> 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups Total for the Day	<b>28</b> 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups Total for the Day	<b>29</b> 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups Total for the Day	<b>30</b> 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups Total for the Day

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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, fewer sets or break them up throughout the day. If it is not challenging enough increase the rep count or set count. You can start the challenge on any day that you want. You can change up the variations of the different exercises or feel free to substitute any exercise.