



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH 2018 FAB 50 CHALLENGE</b>						
				<b>1</b> 25 Skaters 25 Running Man Sit Ups Each Side	<b>2</b> 25 Donkey Kicks 25 Running Man Sit Ups Each Side	<b>3</b> 25 Palm Punches 25 Running Man Sit Ups Each Side
<b>4</b> <b>REST DAY</b>	<b>5</b> 50 Supermans 50 Half Burpees Each Side	<b>6</b> 50 Ankle Hugs 50 Half Burpees Each Side	<b>7</b> 25 Squat Back Kick 50 Half Burpees Each Side	<b>8</b> 50 Biceps Curls 50 Half Burpees Each Side	<b>9</b> 25 Heisman 50 Half Burpees Each Side	<b>10</b> 25 Walking Lunges 50 Half Burpees Each Side
<b>11</b> <b>REST DAY</b>	<b>12</b> 50 Glute Bridges 50 Pushups Each Side	<b>13</b> 25 Base Side to Side 50 Pushups Each Side	<b>14</b> 50 Rows 50 Pushups Each Side	<b>15</b> 25 Squats/Side Kick 50 Pushups Each Side	<b>16</b> 25 High Knees 50 Pushups Each Side	<b>17</b> 25 Bicycles 50 Pushups Each Side
<b>18</b> <b>REST DAY</b>	<b>19</b> 25 Cliff Climbers 25 Plank to Pillar Each Side	<b>20</b> 25 Backward Lunge 25 Plank to Pillar Each Side	<b>21</b> 50 Tricep Dips 25 Plank to Pillar Each Side	<b>22</b> 25 Dead Bug 25 Plank to Pillar Each Side	<b>23</b> 25 Standing Side Crunch 25 Plank to Pillar Each Side	<b>24</b> 25 Squat/Front Kick 25 Plank to Pillar Each Side
<b>25</b> <b>REST DAY</b>	<b>26</b> 50 Dead Lifts 25 Mtn. Climbers Each Side	<b>27</b> 50 Peter Pans 25 Mtn. Climbers Each Side	<b>28</b> 25 Lateral Lunges 25 Mtn. Climbers Each Side	<b>29</b> 50 Crunches 25 Mtn. Climbers Each Side	<b>30</b> 50 Jump Squats 25 Mtn. Climbers Each Side	<b>31</b> 50 Chest Flys 25 Mtn. Climbers Each Side

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**What is the FAB 50 CHALLENGE?** This challenge is made up of various exercises and they all have one thing in common - You will do a total of 50 reps of each exercise. Some are split into 25 for each side and others are just straight up 50 reps. Either way it is a total of 50 reps. Some of these will be tough, so take breaks as needed or you can always adjust the rep count up or down as need be.

**Notes:** These challenges are designed to be above and beyond what we do at the 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 a 2nd round. You can start the challenge on any day that you want.