



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY CORE UP CHALLENGE						
		1 20 Jump/Step Ups 20 Bicycles 60 Sec Plank Each side	2 20 Jump/Step Ups 20 Bicycles 60 Sec Plank Each side	3 20 Jump/Step Ups 20 Bicycles 60 Sec Plank Each side	4 22 Jump/Step Ups 22 Bicycles 75 Sec Plank Each side	5 22 Jump/Step Ups 22 Bicycles 75 Sec Plank Each side
6 REST DAY	7 25 Jump/Step Ups 25 Bicycles 75 Sec Plank Each side	8 25 Jump/Step Ups 25 Bicycles 90 Sec Plank Each side	9 28 Jump/Step Ups 28 Bicycles 90 Sec Plank Each side	10 28 Jump/Step Ups 28 Bicycles 90 Sec Plank Each side	11 30 Jump/Step Ups 30 Bicycles 105 Sec Plank Each side	12 30 Jump/Step Ups 30 Bicycles 105 Sec Plank Each side
13 REST DAY	14 32 Jump/Step Ups 32 Bicycles 105 Sec Plank Each side	15 32 Jump/Step Ups 32 Bicycles 120 Sec Plank Each side	16 35 Jump/Step Ups 35 Bicycles 120 Sec Plank Each side	17 35 Jump/Step Ups 35 Bicycles 120 Sec Plank Each side	18 37 Jump/Step Ups 37 Bicycles 135 Sec Plank Each side	19 37 Jump/Step Ups 37 Bicycles 135 Sec Plank Each side
20 REST DAY	21 40 Jump/Step Ups 40 Bicycles 135 Sec Plank Each side	22 40 Jump/Step Ups 40 Bicycles 150 Sec Plank Each side	23 42 Jump/Step Ups 42 Bicycles 150 Sec Plank Each side	24 42 Jump/Step Ups 42 Bicycles 150 Sec Plank Each side	25 45 Jump/Step Ups 45 Bicycles 165 Sec Plank Each side	26 45 Jump/Step Ups 45 Bicycles 165 Sec Plank Each side
27 REST DAY	28 48 Jump/Step Ups 48 Bicycles 165 Sec Plank Each side	29 48 Jump/Step Ups 48 Bicycles 180 Sec Plank Each side	30 50 Jump/Step Ups 50 Bicycles 180 Sec Plank Each side	31 50 Jump/Step Ups 50 Bicycles 180 Sec Plank Each side		

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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 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.