



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DECEMBER HOLIDAY BODY BURN</b>						
						<b>1</b> 10 Bicep Curls 10 Sprinter Sit Ups 10 Lunges 5 Burpees Each Side
<b>2</b> <b>REST DAY</b>	<b>3</b> 10 Tricep Dips 10 Bicycles 10 Squats 5 Burpees Each Side	<b>4</b> 10 Rows 10 Russian Twists 10 Donkey Kicks 5 Burpees Each Side	<b>5</b> 12 Bicep Curls 12 Sprinter Sit Ups 12 Lunges 5 Burpees Each Side	<b>6</b> 12 Tricep Dips 12 Bicycles 12 Squats 5 Burpees Each Side	<b>7</b> 12 Rows 12 Russian Twists 12 Donkey Kicks 5 Burpees Each Side	<b>8</b> 15 Bicep Curls 15 Sprinter Sit Ups 15 Lunges 5 Burpees Each Side
<b>9</b> <b>REST DAY</b>	<b>10</b> 15 Tricep Dips 15 Bicycles 15 Squats 5 Burpees Each Side	<b>11</b> 15 Rows 15 Russian Twists 15 Donkey Kicks 5 Burpees Each Side	<b>12</b> 18 Bicep Curls 18 Sprinter Sit Ups 18 Lunges 5 Burpees Each Side	<b>13</b> 18 Tricep Dips 18 Bicycles 18 Squats 5 Burpees Each Side	<b>14</b> 18 Rows 18 Russian Twists 18 Donkey Kicks 5 Burpees Each Side	<b>15</b> 21 Bicep Curls 21 Sprinter Sit Ups 21 Lunges 5 Burpees Each Side
<b>16</b> <b>REST DAY</b>	<b>17</b> 21 Tricep Dips 21 Bicycles 21 Squats 5 Burpees Total	<b>18</b> 21 Rows 21 Russian Twists 21 Donkey Kicks 5 Burpees Total	<b>19</b> 24 Bicep Curls 24 Sprinter Sit Ups 24 Lunges 5 Burpees Total	<b>20</b> 24 Tricep Dips 24 Bicycles 24 Squats 5 Burpees Total	<b>21</b> 24 Rows 24 Russian Twists 24 Donkey Kicks 5 Burpees Total	<b>22</b> 27 Bicep Curls 27 Sprinter Sit Ups 27 Lunges 5 Burpees Total
<b>23</b> <b>REST DAY</b>	<b>24</b> 27 Tricep Dips 27 Bicycles 27 Squats 5 Burpees Each Side	<b>25</b> <b>REST DAY</b>	<b>26</b> 27 Rows 27 Russian Twists 27 Donkey Kicks 5 Burpees Each Side	<b>27</b> 30 Bicep Curls 30 Sprinter Sit Ups 30 Lunges 5 Burpees Each Side	<b>28</b> 30 Tricep Dips 30 Bicycles 30 Squats 5 Burpees Each Side	<b>29</b> 30 Rows 30 Russian Twists 30 Donkey Kicks 5 Burpees Each Side

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**Notes:** You can start the challenge on any day that you want. 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 vary the exercises if you desire. Lunges: Front, Back, Side, Walking; Triceps: Dips, Overhead, skull crusher; Bicycles: Fast or Slow; Squats: Wide, Plie, Jump, Squat Jacks; Rows: Kickback, Seated, Renegade