



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER CARDIO PUNCH CHALLENGE						
1 REST DAY	2 5 Jab Crossover 5 Jump Up & Punch 5 Upper Cuts 5 Side Knee Pulls Repeat for Both Sides	3 6 Jab Crossover 6 Jump Up & Punch 6 Upper Cuts 6 Side Knee Pulls Repeat for Both Sides	4 7 Jab Crossover 7 Jump Up & Punch 7 Upper Cuts 7 Side Knee Pulls Repeat for Both Sides	5 8 Jab Crossover 8 Jump Up & Punch 8 Upper Cuts 8 Side Knee Pulls Repeat for Both Sides	6 9 Jab Crossover 9 Jump Up & Punch 9 Upper Cuts 9 Side Knee Pulls Repeat for Both Sides	7 10 Jab Crossover 10 Jump Up & Punch 10 Upper Cuts 10 Side Knee Pulls Repeat for Both Sides
8 REST DAY	9 10 Jab Crossover 10 Jump Up & Punch 10 Upper Cuts 10 Side Knee Pulls Repeat for Both Sides	10 11 Jab Crossover 11 Jump Up & Punch 11 Upper Cuts 11 Side Knee Pulls Repeat for Both Sides	11 12 Jab Crossover 12 Jump Up & Punch 12 Upper Cuts 12 Side Knee Pulls Repeat for Both Sides	12 13 Jab Crossover 13 Jump Up & Punch 13 Upper Cuts 13 Side Knee Pulls Repeat for Both Sides	13 14 Jab Crossover 14 Jump Up & Punch 14 Upper Cuts 14 Side Knee Pulls Repeat for Both Sides	14 15 Jab Crossover 15 Jump Up & Punch 15 Upper Cuts 15 Side Knee Pulls Repeat for Both Sides
15 REST DAY	16 15 Jab Crossover 15 Jump Up & Punch 15 Upper Cuts 15 Side Knee Pulls Repeat for Both Sides	17 16 Jab Crossover 16 Jump Up & Punch 16 Upper Cuts 16 Side Knee Pulls Repeat for Both Sides	18 17 Jab Crossover 17 Jump Up & Punch 17 Upper Cuts 17 Side Knee Pulls Repeat for Both Sides	19 18 Jab Crossover 18 Jump Up & Punch 18 Upper Cuts 18 Side Knee Pulls Repeat for Both Sides	20 19 Jab Crossover 19 Jump Up & Punch 19 Upper Cuts 19 Side Knee Pulls Repeat for Both Sides	21 20 Jab Crossover 20 Jump Up & Punch 20 Upper Cuts 20 Side Knee Pulls Repeat for Both Sides
22 REST DAY	23 20 Jab Crossover 20 Jump Up & Punch 20 Upper Cuts 20 Side Knee Pulls Repeat for Both Sides	24 21 Jab Crossover 21 Jump Up & Punch 21 Upper Cuts 21 Side Knee Pulls Repeat for Both Sides	25 22 Jab Crossover 22 Jump Up & Punch 22 Upper Cuts 22 Side Knee Pulls Repeat for Both Sides	26 23 Jab Crossover 23 Jump Up & Punch 23 Upper Cuts 23 Side Knee Pulls Repeat for Both Sides	27 24 Jab Crossover 24 Jump Up & Punch 24 Upper Cuts 24 Side Knee Pulls Repeat for Both Sides	28 25 Jab Crossover 25 Jump Up & Punch 25 Upper Cuts 25 Side Knee Pulls Repeat for Both Sides
29 REST DAY	30 25 Jab Crossover 25 Jump Up & Punch 25 Upper Cuts 25 Side Knee Pulls Repeat for Both Sides					

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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.