



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY COREDIO CHALLENGE						
						1 10 Brad Pits 10 Bicycles 10 Knee Pulls 10 Ankle Hugs Each Leg
2 REST DAY	3 10 Brad Pits 10 Bicycles 10 Knee Pulls 10 Ankle Hugs Each Leg	4 11 Brad Pits 11 Bicycles 11 Knee Pulls 11 Ankle Hugs Each Leg	5 12 Brad Pits 12 Bicycles 12 Knee Pulls 12 Ankle Hugs Each Leg	6 13 Brad Pits 13 Bicycles 13 Knee Pulls 13 Ankle Hugs Each Leg	7 14 Brad Pits 14 Bicycles 14 Knee Pulls 14 Ankle Hugs Each Leg	8 15 Brad Pits 15 Bicycles 15 Knee Pulls 15 Ankle Hugs Each Leg
9 REST DAY	10 15 Brad Pits 15 Bicycles 15 Knee Pulls 15 Ankle Hugs Each Leg	11 16 Brad Pits 16 Bicycles 16 Knee Pulls 16 Ankle Hugs Each Leg	12 17 Brad Pits 17 Bicycles 17 Knee Pulls 17 Ankle Hugs Each Leg	13 18 Brad Pits 18 Bicycles 18 Knee Pulls 18 Ankle Hugs Each Leg	14 19 Brad Pits 19 Bicycles 19 Knee Pulls 19 Ankle Hugs Each Leg	15 20 Brad Pits 20 Bicycles 20 Knee Pulls 20 Ankle Hugs Each Leg
16 REST DAY	17 20 Brad Pits 20 Bicycles 20 Knee Pulls 20 Ankle Hugs Each Leg	18 21 Brad Pits 21 Bicycles 21 Knee Pulls 21 Ankle Hugs Each Leg	19 22 Brad Pits 22 Bicycles 22 Knee Pulls 22 Ankle Hugs Each Leg	20 23 Brad Pits 23 Bicycles 23 Knee Pulls 23 Ankle Hugs Each Leg	21 24 Brad Pits 24 Bicycles 24 Knee Pulls 24 Ankle Hugs Each Leg	22 25 Brad Pits 25 Bicycles 25 Knee Pulls 25 Ankle Hugs Each Leg
23 REST DAY	24 25 Brad Pits 25 Bicycles 25 Knee Pulls 25 Ankle Hugs Each Leg	25 26 Brad Pits 26 Bicycles 26 Knee Pulls 26 Ankle Hugs Each Leg	26 27 Brad Pits 27 Bicycles 27 Knee Pulls 27 Ankle Hugs Each Leg	27 28 Brad Pits 28 Bicycles 28 Knee Pulls 28 Ankle Hugs Each Leg	28 29 Brad Pits 29 Bicycles 29 Knee Pulls 29 Ankle Hugs Each Leg	29 30 Brad Pits 30 Bicycles 30 Knee Pulls 30 Ankle Hugs Each Leg

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Notes: These challenges are designed to be above and beyond what you do at your fitness 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 2 rounds. You can start the challenge on any day that you want. You can change up the variations of the exercises or pick a completely different exercise.