



GYIS

More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL ARM/CORE CHALLENGE						
			1 20 Ab Crossovers 20 V-Sits 20 Reverse Crunch 30 Sec Plank Total for the Day	2 20 Biceps 20 Triceps 20 Rows 30 Sec Plank Total for the Day	3 22 Ab Crossovers 22 V-Sits 22 Reverse Crunch 30 Sec Plank Total for the Day	4 22 Biceps 22 Triceps 22 Rows 30 Sec Plank Total for the Day
5 REST DAY	6 25 Ab Crossovers 25 V-Sits 25 Reverse Crunch 45 Sec Plank Total for the Day	7 25 Biceps 25 Triceps 25 Rows 45 Sec Plank Total for the Day	8 27 Ab Crossovers 27 V-Sits 27 Reverse Crunch 45 Sec Plank Total for the Day	9 27 Biceps 27 Triceps 27 Rows 45 Sec Plank Total for the Day	10 30 Ab Crossovers 30 V-Sits 30 Reverse Crunch 45 Sec Plank Total for the Day	11 30 Biceps 30 Triceps 30 Rows 30 Sec Plank Total for the Day
12 REST DAY	13 33 Ab Crossovers 33 V-Sits 33 Reverse Crunch 60 Sec Plank Total for the Day	14 33 Biceps 33 Triceps 33 Rows 60 Sec Plank Total for the Day	15 35 Ab Crossovers 35 V-Sits 35 Reverse Crunch 60 Sec Plank Total for the Day	16 35 Biceps 35 Triceps 35 Rows 60 Sec Plank Total for the Day	17 38 Ab Crossovers 38 V-Sits 38 Reverse Crunch 60 Sec Plank Total for the Day	18 38 Biceps 38 Triceps 38 Rows 60 Sec Plank Total for the Day
19 REST DAY	20 40 Ab Crossovers 40 V-Sits 40 Reverse Crunch 75 Sec Plank Total for the Day	21 40 Biceps 40 Triceps 40 Rows 75 Sec Plank Total for the Day	22 43 Ab Crossovers 43 V-Sits 43 Reverse Crunch 75 Sec Plank Total for the Day	23 43 Biceps 43 Triceps 43 Rows 75 Sec Plank Total for the Day	24 45 Ab Crossovers 45 V-Sits 45 Reverse Crunch 75 Sec Plank Total for the Day	25 45 Biceps 45 Triceps 45 Rows 75 Sec Plank Total for the Day
26 REST DAY	27 48 Ab Crossovers 48 V-Sits 48 Reverse Crunch 90 Sec Plank Total for the Day	28 48 Biceps 48 Triceps 48 Rows 90 Sec Plank Total for the Day	29 50 Ab Crossovers 50 V-Sits 50 Reverse Crunch 90 Sec Plank Total for the Day	30 50 Biceps 50 Triceps 50 Rows 90 Sec Plank Total for the Day		

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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 substitute and exercise if need be.