



30-DAY CHALLENGE

MAY BOXING CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY BOXING CHALLENGE						
					1 5 Jab Punch Crossovers 5 Side Round Kicks 5 Uppercuts 5 Front Kicks 5 Palm Punches 5 Back Kicks Lead with each leg/arm	2 6 Jab Punch Crossovers 6 Side Round Kicks 6 Uppercuts 6 Front Kicks 6 Palm Punches 6 Back Kicks Lead with each leg/arm
3 REST DAY	4 6 Jab Punch Crossovers 6 Side Round Kicks 6 Uppercuts 6 Front Kicks 6 Palm Punches 6 Back Kicks Lead with each leg/arm	5 7 Jab Punch Crossovers 7 Side Round Kicks 7 Uppercuts 7 Front Kicks 7 Palm Punches 7 Back Kicks Lead with each leg/arm	6 8 Jab Punch Crossovers 8 Side Round Kicks 8 Uppercuts 8 Front Kicks 8 Palm Punches 8 Back Kicks Lead with each leg/arm	7 9 Jab Punch Crossovers 9 Side Round Kicks 9 Uppercuts 9 Front Kicks 9 Palm Punches 9 Back Kicks Lead with each leg/arm	8 10 Jab Punch Crossovers 10 Side Round Kicks 10 Uppercuts 10 Front Kicks 10 Palm Punches 10 Back Kicks Lead with each leg/arm	9 11 Jab Punch Crossovers 11 Side Round Kicks 11 Uppercuts 11 Front Kicks 11 Palm Punches 11 Back Kicks Lead with each leg/arm
10 REST DAY	11 11 Jab Punch Crossovers 11 Side Round Kicks 11 Uppercuts 11 Front Kicks 11 Palm Punches 11 Back Kicks Lead with each leg/arm	12 12 Jab Punch Crossovers 12 Side Round Kicks 12 Uppercuts 12 Front Kicks 12 Palm Punches 12 Back Kicks Lead with each leg/arm	13 13 Jab Punch Crossovers 13 Side Round Kicks 13 Uppercuts 13 Front Kicks 13 Palm Punches 13 Back Kicks Lead with each leg/arm	14 14 Jab Punch Crossovers 14 Side Round Kicks 14 Uppercuts 14 Front Kicks 14 Palm Punches 14 Back Kicks Lead with each leg/arm	15 15 Jab Punch Crossovers 15 Side Round Kicks 15 Uppercuts 15 Front Kicks 15 Palm Punches 15 Back Kicks Lead with each leg/arm	16 16 Jab Punch Crossovers 16 Side Round Kicks 16 Uppercuts 16 Front Kicks 16 Palm Punches 16 Back Kicks Lead with each leg/arm
17 REST DAY	18 16 Jab Punch Crossovers 16 Side Round Kicks 16 Uppercuts 16 Front Kicks 16 Palm Punches 16 Back Kicks Lead with each leg/arm	19 17 Jab Punch Crossovers 17 Side Round Kicks 17 Uppercuts 17 Front Kicks 17 Palm Punches 17 Back Kicks Lead with each leg/arm	20 18 Jab Punch Crossovers 18 Side Round Kicks 18 Uppercuts 18 Front Kicks 18 Palm Punches 18 Back Kicks Lead with each leg/arm	21 19 Jab Punch Crossovers 19 Side Round Kicks 19 Uppercuts 19 Front Kicks 19 Palm Punches 19 Back Kicks Lead with each leg/arm	22 20 Jab Punch Crossovers 20 Side Round Kicks 20 Uppercuts 20 Front Kicks 20 Palm Punches 20 Back Kicks Lead with each leg/arm	23 21 Jab Punch Crossovers 21 Side Round Kicks 21 Uppercuts 21 Front Kicks 21 Palm Punches 21 Back Kicks Lead with each leg/arm
24 REST DAY 31	25 21 Jab Punch Crossovers 21 Side Round Kicks 21 Uppercuts 21 Front Kicks 21 Palm Punches 21 Back Kicks Lead with each leg/arm	26 22 Jab Punch Crossovers 22 Side Round Kicks 22 Uppercuts 22 Front Kicks 22 Palm Punches 22 Back Kicks Lead with each leg/arm	27 23 Jab Punch Crossovers 23 Side Round Kicks 23 Uppercuts 23 Front Kicks 23 Palm Punches 23 Back Kicks Lead with each leg/arm	28 24 Jab Punch Crossovers 24 Side Round Kicks 24 Uppercuts 24 Front Kicks 24 Palm Punches 24 Back Kicks Lead with each leg/arm	29 25 Jab Punch Crossovers 25 Side Round Kicks 25 Uppercuts 25 Front Kicks 25 Palm Punches 25 Back Kicks Lead with each leg/arm	30 25 Jab Punch Crossovers 25 Side Round Kicks 25 Uppercuts 25 Front Kicks 25 Palm Punches 25 Back Kicks Lead with each leg/arm

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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. Please note that on this challenge you will do the punches leading with your right hand and then repeat leading with your hand. Same goes for the kicks - do them with right leg and then repeat with the left leg. You can start the challenge on any day that you want. You can change up the variations of the exercises or substitute any exercise if need be.