



GYIS

More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2022 LUNGE CHALLENGE						
					1 10 Front Lunges 10 Side Lunges 10 Back Lunges Total	2 12 Front Lunges 12 Side Lunges 12 Back Lunges Total
3 REST DAY	4 12 Front Lunges 12 Side Lunges 12 Back Lunges Total	5 14 Front Lunges 14 Side Lunges 14 Back Lunges Total	6 16 Front Lunges 16 Side Lunges 16 Back Lunges Total	7 18 Front Lunges 18 Side Lunges 18 Back Lunges Total	8 20 Front Lunges 20 Side Lunges 20 Back Lunges Total	9 22 Front Lunges 22 Side Lunges 22 Back Lunges Total
10 REST DAY	11 22 Front Lunges 22 Side Lunges 22 Back Lunges Total	12 24 Front Lunges 24 Side Lunges 24 Back Lunges Total	13 26 Front Lunges 26 Side Lunges 26 Back Lunges Total	14 28 Front Lunges 28 Side Lunges 28 Back Lunges Total	15 30 Front Lunges 30 Side Lunges 30 Back Lunges Total	16 32 Front Lunges 32 Side Lunges 32 Back Lunges Total
17 REST DAY	18 32 Front Lunges 32 Side Lunges 32 Back Lunges Total	19 34 Front Lunges 34 Side Lunges 34 Back Lunges Total	20 36 Front Lunges 36 Side Lunges 36 Back Lunges Total	21 38 Front Lunges 38 Side Lunges 38 Back Lunges Total	22 40 Front Lunges 40 Side Lunges 40 Back Lunges Total	23 42 Front Lunges 42 Side Lunges 42 Back Lunges Total
24 REST DAY	25 42 Front Lunges 42 Side Lunges 42 Back Lunges Total	26 44 Front Lunges 44 Side Lunges 44 Back Lunges Total	27 46 Front Lunges 46 Side Lunges 46 Back Lunges Total	28 48 Front Lunges 48 Side Lunges 48 Back Lunges Total	29 50 Front Lunges 50 Side Lunges 50 Back Lunges Total	30 52 Front Lunges 52 Side Lunges 52 Back Lunges Total

www.getyouinshape.com

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 add a kick after the lunge or add weights to take it up a notch or you can change up the variations of exercises - walking, curtsy, jumping, etc. The total line is for noting any changes you make to the challenge.