



# GYIS

More Than Just Fitness!

# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NOVEMBER 2022 "PLANKS" GIVING CHALLENGE</b>						
		<b>1</b> E = 15 Sec Plank I = 20 Sec Plank X = 30 Sec Plank <b>Total for the day</b>	<b>2</b> E = 15 Sec Plank I = 20 Sec Plank X = 30 Sec Plank <b>Total for the day</b>	<b>3</b> E = 20 Sec Plank I = 30 Sec Plank X = 40 Sec Plank <b>Total for the day</b>	<b>4</b> E = 20 Sec Plank. I = 30 Sec Plank X = 40 Sec Plank <b>Total for the day</b>	<b>5</b> E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank <b>Total for the day</b>
<b>6</b> <b>REST DAY</b>	<b>7</b> E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank <b>Total for the day</b>	<b>8</b> E = 30 Sec Plank I = 40 Sec Plank X = 50 Sec Plank <b>Total for the day</b>	<b>9</b> E = 30 Sec Plank I = 40 Sec Plank X = 50 Sec Plank <b>Total for the day</b>	<b>10</b> E = 35 Sec Plank I = 45 Sec Plank X = 55 Sec Plank <b>Total for the day</b>	<b>11</b> E = 35 Sec Plank I = 45 Sec Plank X = 55 Sec Plank <b>Total for the day</b>	<b>12</b> E = 40 Sec Plank I = 50 Sec Plank X = 60 Sec Plank <b>Total for the day</b>
<b>13</b> <b>REST DAY</b>	<b>14</b> E = 40 Sec Plank I = 50 Sec Plank X = 60 Sec Plank <b>Total for the day</b>	<b>15</b> E = 45 Sec Plank I = 55 Sec Plank X = 65 Sec Plank <b>Total for the day</b>	<b>16</b> E = 45 Sec Plank I = 55 Sec Plank X = 65 Sec Plank <b>Total for the day</b>	<b>17</b> E = 50 Sec Plank I = 60 Sec Plank X = 70 Sec Plank <b>Total for the day</b>	<b>18</b> E = 50 Sec Plank I = 60 Sec Plank X = 70 Sec Plank <b>Total for the day</b>	<b>19</b> E = 55 Sec Plank I = 65 Sec Plank X = 75 Sec Plank <b>Total for the day</b>
<b>20</b> <b>REST DAY</b>	<b>21</b> E = 55 Sec Plank I = 65 Sec Plank X = 75 Sec Plank <b>Total for the day</b>	<b>22</b> E = 60 Sec Plank I = 70 Sec Plank X = 80 Sec Plank <b>Total for the day</b>	<b>23</b> E = 60 Sec Plank I = 70 Sec Plank X = 80 Sec Plank <b>Total for the day</b>	<b>24</b> <b>REST DAY</b> <b>ALL DAY</b>	<b>25</b> E = 65 Sec Plank I = 75 Sec Plank X = 85 Sec Plank <b>Total for the day</b>	<b>26</b> E = 65 Sec Plank I = 75 Sec Plank X = 85 Sec Plank <b>Total for the day</b>
<b>27</b> <b>REST DAY</b>	<b>28</b> E = 70 Sec Plank I = 80 Sec Plank X = 90 Sec Plank <b>Total for the day</b>	<b>29</b> E = 70 Sec Plank I = 80 Sec Plank X = 90 Sec Plank <b>Total for the day</b>	<b>30</b> E = 75 Sec Plank I = 85 Sec Plank X = 95 Sec Plank <b>Total for the day</b>			

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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 Planks you can do a regular plank, a pillar, side planks, plank jacks, hip dip planks, shoulder tap planks, etc.