



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY CORE UP CHALLENGE						
	1 20 Jump/Step Ups 20 Bicycles 60 Sec Plank	2 20 Jump/Step Ups 20 Bicycles 60 Sec Plank	3 20 Jump/Step Ups 20 Bicycles 60 Sec Plank	4 22 Jump/Step Ups 22 Bicycles 75 Sec Plank	5 22 Jump/Step Ups 22 Bicycles 75 Sec Plank	6 22 Jump/Step Ups 22 Bicycles 75 Sec Plank
	Each side		Each side		Each side	
7 REST DAY	8 25 Jump/Step Ups 25 Bicycles 90 Sec Plank	9 25 Jump/Step Ups 25 Bicycles 90 Sec Plank	10 28 Jump/Step Ups 25 Bicycles 90 Sec Plank	11 28 Jump/Step Ups 28 Bicycles 105 Sec Plank	12 30 Jump/Step Ups 30 Bicycles 105 Sec Plank	13 30 Jump/Step Ups 30 Bicycles 105 Sec Plank
	Each side		Each side		Each side	
14 REST DAY	15 32 Jump/Step Ups 32 Bicycles 105 Sec Plank	16 32 Jump/Step Ups 32 Bicycles 120 Sec Plank	17 35 Jump/Step Ups 35 Bicycles 120 Sec Plank	18 35 Jump/Step Ups 35 Bicycles 120 Sec Plank	19 37 Jump/Step Ups 37 Bicycles 135 Sec Plank	20 37 Jump/Step Ups 37 Bicycles 135 Sec Plank
	Each side		Each side		Each side	
21 REST DAY	22 40 Jump/Step Ups 40 Bicycles 135 Sec Plank	23 40 Jump/Step Ups 40 Bicycles 150 Sec Plank	24 42 Jump/Step Ups 42 Bicycles 150 Sec Plank	25 42 Jump/Step Ups 42 Bicycles 150 Sec Plank	26 45 Jump/Step Ups 45 Bicycles 165 Sec Plank	27 45 Jump/Step Ups 45 Bicycles 165 Sec Plank
	Each side		Each side		Each side	
28 REST DAY	29 48 Jump/Step Ups 48 Bicycles 165 Sec Plank	30 48 Jump/Step Ups 48 Bicycles 180 Sec Plank	31 50 Jump/Step Ups 50 Bicycles 180 Sec Plank			
	Each side		Each side			

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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 various exercises or feel free to substitute any exercise.