



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2024 "BOO"-TY CHALLENGE						
		1 6 Donkey Kicks 6 Standing Leg Raises 6 Platypus 6 Burpees Each Leg	2 6 Hydrants 6 Single Leg Dead Lifts 6 March Glute Bridges 6 Burpees Each Leg	3 8 Donkey Kicks 8 Standing Leg Raises 8 Platypus 8 Burpees Each Leg	4 8 Hydrants 8 Single Leg Dead Lifts 8 March Glute Bridges 8 Burpees Each Leg	5 10 Donkey Kicks 10 Standing Leg Raises 10 Platypus 10 Burpees Each Leg
6 REST DAY	7 10 Hydrants 10 Single Leg Dead Lifts 10 March Glute Bridges 10 Burpees Each Leg	8 12 Donkey Kicks 12 Standing Leg Raises 12 Platypus 10 Burpees Each Leg	9 12 Hydrants 12 Single Leg Dead Lifts 12 March Glute Bridges 10 Burpees Each Leg	10 14 Donkey Kicks 14 Standing Leg Raises 14 Platypus 10 Burpees Each Leg	11 14 Hydrants 14 Single Leg Dead Lifts 14 March Glute Bridges 10 Burpees Each Leg	12 16 Donkey Kicks 16 Standing Leg Raises 16 Platypus 10 Burpees Each Leg
13 REST DAY	14 16 Hydrants 16 Single Leg Dead Lifts 16 March Glute Bridges 10 Burpees Each Leg	15 18 Donkey Kicks 18 Standing Leg Raises 18 Platypus 10 Burpees Each Leg	16 18 Hydrants 18 Single Leg Dead Lifts 18 March Glute Bridges 10 Burpees Each Leg	17 20 Donkey Kicks 20 Standing Leg Raises 20 Platypus 10 Burpees Each Leg	18 20 Hydrants 20 Single Leg Dead Lifts 20 March Glute Bridges 10 Burpees Each Leg	19 22 Donkey Kicks 22 Standing Leg Raises 22 Platypus 10 Burpees Each Leg
20 REST DAY	21 22 Hydrants 22 Single Leg Dead Lifts 22 March Glute Bridges 10 Burpees Each Leg	22 24 Donkey Kicks 24 Standing Leg Raises 24 Platypus 10 Burpees Each Leg	23 24 Hydrants 24 Single Leg Dead Lifts 24 March Glute Bridges 10 Burpees Each Leg	24 26 Donkey Kicks 26 Standing Leg Raises 26 Platypus 10 Burpees Each Leg	25 26 Hydrants 26 Single Leg Dead Lifts 26 March Glute Bridges 10 Burpees Each Leg	26 28 Donkey Kicks 28 Standing Leg Raises 28 Platypus 10 Burpees Each Leg
27 REST DAY	28 28 Hydrants 28 Single Leg Dead Lifts 28 March Glute Bridges 10 Burpees Each Leg	29 30 Donkey Kicks 30 Standing Leg Raises 30 Platypus 10 Burpees Each Leg	30 30 Hydrants 30 Single Leg Dead Lifts 30 March Glute Bridges 10 Burpees Each Leg	31 32 Donkey Kicks 32 Standing Leg Raises 32 Platypus 10 Burpees Each Leg		

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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.