



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DECEMBER HOLIDAY BODY BURN</b>						
<b>1</b> <b>REST</b> <b>DAY</b>	<b>2</b> 10 Thrusters 10 Oblique Reaches 10 Deadlift w/Row 10 Ab Crossovers	<b>3</b> 11 Thrusters 11 Oblique Reaches 11 Deadlift w/Row 11 Ab Crossovers	<b>4</b> 12 Thrusters 12 Oblique Reaches 12 Deadlift w/Row 12 Ab Crossovers	<b>5</b> 13 Thrusters 13 Oblique Reaches 13 Deadlift w/Row 13 Ab Crossovers	<b>6</b> 14 Thrusters 14 Oblique Reaches 14 Deadlift w/Row 14 Ab Crossovers	<b>7</b> 15 Thrusters 15 Oblique Reaches 15 Deadlift w/Row 15 Ab Crossovers
<b>8</b> <b>REST</b> <b>DAY</b>	<b>9</b> 15 Thrusters 15 Oblique Reaches 15 Deadlift w/Row 15 Ab Crossovers	<b>10</b> 16 Thrusters 16 Oblique Reaches 16 Deadlift w/Row 16 Ab Crossovers	<b>11</b> 17 Thrusters 17 Oblique Reaches 17 Deadlift w/Row 17 Ab Crossovers	<b>12</b> 18 Thrusters 18 Oblique Reaches 18 Deadlift w/Row 18 Ab Crossovers	<b>13</b> 19 Thrusters 19 Oblique Reaches 19 Deadlift w/Row 19 Ab Crossovers	<b>14</b> 20 Thrusters 20 Oblique Reaches 20 Deadlift w/Row 20 Ab Crossovers
<b>15</b> <b>REST</b> <b>DAY</b>	<b>16</b> 20 Thrusters 20 Oblique Reaches 20 Deadlift w/Row 20 Ab Crossovers	<b>17</b> 21 Thrusters 21 Oblique Reaches 21 Deadlift w/Row 21 Ab Crossovers	<b>18</b> 22 Thrusters 22 Oblique Reaches 22 Deadlift w/Row 22 Ab Crossovers	<b>19</b> 23 Thrusters 23 Oblique Reaches 23 Deadlift w/Row 23 Ab Crossovers	<b>20</b> 24 Thrusters 24 Oblique Reaches 24 Deadlift w/Row 24 Ab Crossovers	<b>21</b> 25 Thrusters 25 Oblique Reaches 25 Deadlift w/Row 25 Ab Crossovers
<b>22</b> <b>REST</b> <b>DAY</b>	<b>23</b> 25 Thrusters 25 Oblique Reaches 25 Deadlift w/Row 25 Ab Crossovers	<b>24</b> 26 Thrusters 26 Oblique Reaches 26 Deadlift w/Row 26 Ab Crossovers	<b>25</b> 27 Thrusters 27 Oblique Reaches 27 Deadlift w/Row 27 Ab Crossovers	<b>26</b> 28 Thrusters 28 Oblique Reaches 28 Deadlift w/Row 28 Ab Crossovers	<b>27</b> 29 Thrusters 29 Oblique Reaches 29 Deadlift w/Row 29 Ab Crossovers	<b>28</b> 30 Thrusters 30 Oblique Reaches 30 Deadlift w/Row 30 Ab Crossovers
<b>29</b> <b>REST</b> <b>DAY</b>	<b>30</b> 30 Thrusters 30 Oblique Reaches 30 Deadlift w/Row 30 Ab Crossovers	<b>31</b> 31 Thrusters 31 Oblique Reaches 31 Deadlift w/Row 31 Ab Crossovers				

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**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 vary the exercises if you desire. Lunges: Front, Back, Side, Walking; Triceps: Dips, Overhead, skull crusher; Bicycles: Fast or Slow; Squats: Wide, Plie, Jump, Squat Jacks; Rows: Kickback, Seated, Renegade