

30-DAY CHALLENGE



GYIS
More Than Just Fitness!

IO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 2022 CARDIO/PUSHUP CHALLENGE						
1 REST DAY	2 25 123 Inside Knee 25 Frog Jumps 25 High Knees/Jog 10 Pushups	3 25 123 Inside Knee 25 Frog Jumps 25 High Knees/Jog 10 Pushups	4 25 123 Inside Knee 25 Frog Jumps 25 High Knees/Jog 10 Pushups	5 25 123 Inside Knee 25 Frog Jumps 25 High Knees/Jog 10 Pushups	6 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 12 Pushups	7 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 12 Pushups
8 REST DAY	9 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 12 Pushups	10 30 123 Inside Knee 30 Frog Jumps 30 High Knees/Jog 12 Pushups	11 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 15 Pushups	12 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 15 Pushups	13 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 15 Pushups	14 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 15 Pushups
15 REST DAY	16 35 123 Inside Knee 35 Frog Jumps 35 High Knees/Jog 15 Pushups	17 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 18 Pushups	18 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 18 Pushups	19 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 18 Pushups	20 40 123 Inside Knee 40 Frog Jumps 40 High Knees/Jog 18 Pushups	21 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups
22 REST DAY	23 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups	24 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups	25 45 123 Inside Knee 45 Frog Jumps 45 High Knees/Jog 20 Pushups	26 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups	27 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups	28 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups
29 REST DAY	30 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups	31 50 123 Inside Knee 50 Frog Jumps 50 High Knees/Jog 25 Pushups				

www.getyouinshape.com

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, fewer sets or break them up throughout the day. If it is not challenging enough increase the rep count or set count. You can start the challenge on any day that you want. You can change up the variations of the different exercises or feel free to substitute any exercise.