



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 2022 BACK TO SCHOOL CHALLENGE						
				<b>1</b> 5 - A'S 5 - T'S 5 - W'S 5 - Y'S	<b>2</b> 6 - A'S 6 - T'S 6 - W'S 6 - Y'S	<b>3</b> 7 - A'S 7 - T'S 7 - W'S 7 - Y'S
<b>4</b> <b>REST DAY</b>	<b>5</b> 7 - A'S 7 - T'S 7 - W'S 7 - Y'S	<b>6</b> 8 - A'S 8 - T'S 8 - W'S 8 - Y'S	<b>7</b> 9 - A'S 9 - T'S 9 - W'S 9 - Y'S	<b>8</b> 10 - A'S 10 - T'S 10 - W'S 10 - Y'S	<b>9</b> 11 - A'S 11 - T'S 11 - W'S 11 - Y'S	<b>10</b> 12 - A'S 12 - T'S 12 - W'S 12 - Y'S
<b>11</b> <b>REST DAY</b>	<b>12</b> 12 - A'S 12 - T'S 12 - W'S 12 - Y'S	<b>13</b> 13 - A'S 13 - T'S 13 - W'S 13 - Y'S	<b>14</b> 14 - A'S 14 - T'S 14 - W'S 14 - Y'S	<b>15</b> 15 - A'S 15 - T'S 15 - W'S 15 - Y'S	<b>16</b> 16 - A'S 16 - T'S 16 - W'S 16 - Y'S	<b>17</b> 17 - A'S 17 - T'S 17 - W'S 17 - Y'S
<b>18</b> <b>REST DAY</b>	<b>19</b> 17 - A'S 17 - T'S 17 - W'S 17 - Y'S	<b>20</b> 18 - A'S 18 - T'S 18 - W'S 18 - Y'S	<b>21</b> 19 - A'S 19 - T'S 19 - W'S 19 - Y'S	<b>22</b> 20 - A'S 20 - T'S 20 - W'S 20 - Y'S	<b>23</b> 21 - A'S 21 - T'S 21 - W'S 21 - Y'S	<b>24</b> 22 - A'S 22 - T'S 22 - W'S 22 - Y'S
<b>25</b> <b>REST DAY</b>	<b>26</b> 22 - A'S 22 - T'S 22 - W'S 22 - Y'S	<b>27</b> 23 - A'S 23 - T'S 23 - W'S 23 - Y'S	<b>28</b> 24 - A'S 24 - T'S 24 - W'S 24 - Y'S	<b>29</b> 25 - A'S 25 - T'S 25 - W'S 25 - Y'S	<b>30</b> 26 - A'S 26 - T'S 26 - W'S 26 - Y'S	
<b>Notes:</b> 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.						

[www.getyouinshape.com](http://www.getyouinshape.com)