



30-DAY CHALLENGE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|--|--|--|--|--|
| OCTOBER 2022 "BOO"TY CHALLENGE | | | | | | |
| | | | | | | 1 10 March Glute Bridge 10 Single Leg Dead Lift 10 Donkey Kicks |
| 2 REST DAY | 3 10 March Glute Bridge 10 Single Leg Dead Lift 10 Donkey Kicks | 4 11 March Glute Bridge 11 Single Leg Dead Lift 11 Donkey Kicks | 5 12 March Glute Bridge 12 Single Leg Dead Lift 12 Donkey Kicks | 6 13 March Glute Bridge 13 Single Leg Dead Lift 13 Donkey Kicks | 7 14 March Glute Bridge 14 Single Leg Dead Lift 14 Donkey Kicks | 8 15 March Glute Bridge 15 Single Leg Dead Lift 15 Donkey Kicks |
| 9 REST DAY | 10 15 March Glute Bridge 15 Single Leg Dead Lift 15 Donkey Kicks | 11 16 March Glute Bridge 16 Single Leg Dead Lift 16 Donkey Kicks | 12 17 March Glute Bridge 17 Single Leg Dead Lift 17 Donkey Kicks | 13 18 March Glute Bridge 18 Single Leg Dead Lift 18 Donkey Kicks | 14 19 March Glute Bridge 19 Single Leg Dead Lift 19 Donkey Kicks | 15 20 March Glute Bridge 20 Single Leg Dead Lift 20 Donkey Kicks |
| 16 REST DAY | 17 20 March Glute Bridge 20 Single Leg Dead Lift 20 Donkey Kicks | 18 21 March Glute Bridge 21 Single Leg Dead Lift 21 Donkey Kicks | 19 22 March Glute Bridge 22 Single Leg Dead Lift 22 Donkey Kicks | 20 23 March Glute Bridge 23 Single Leg Dead Lift 23 Donkey Kicks | 21 24 March Glute Bridge 24 Single Leg Dead Lift 24 Donkey Kicks | 22 25 March Glute Bridge 25 Single Leg Dead Lift 25 Donkey Kicks |
| 23 REST DAY | 24 25 March Glute Bridge 25 Single Leg Dead Lift 25 Donkey Kicks | 25 26 March Glute Bridge 26 Single Leg Dead Lift 26 Donkey Kicks | 26 27 March Glute Bridge 27 Single Leg Dead Lift 27 Donkey Kicks | 27 28 March Glute Bridge 28 Single Leg Dead Lift 28 Donkey Kicks | 28 29 March Glute Bridge 29 Single Leg Dead Lift 29 Donkey Kicks | 29 30 March Glute Bridge 30 Single Leg Dead Lift 30 Donkey Kicks |
| 30 REST DAY | 31 30 March Glute Bridge 30 Single Leg Dead Lift 30 Donkey Kicks | | | | | |

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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 exercises if you want to mix it up.