



GYIS

More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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DECEMBER HOLIDAY BODY BURN

				1 10 Bicep Curls 10 Sprinter Sit Ups 10 Lunges 5 Burpees Each Side	2 10 Tricep Extensions 10 Bicycles 10 Squats 5 Burpees Each Side	3 10 Rows 10 Sitting Twists 10 Donkey Kicks 5 Burpees Each Side
4 REST DAY	5 12 Bicep Curls 12 Sprinter Sit Ups 12 Lunges 5 Burpees Each Side	6 12 Tricep Extension 12 Bicycles 12 Squats 5 Burpees Each Side	7 12 Rows 12 Sitting Twists 12 Donkey Kicks 5 Burpees Each Side	8 15 Bicep Curls 15 Sprinter Sit Ups 15 Lunges 5 Burpees Each Side	9 15 Tricep Extensions 15 Bicycles 15 Squats 5 Burpees Each Side	10 15 Rows 15 Sitting Twists 15 Donkey Kicks 5 Burpees Each Side
11 REST DAY	12 18 Bicep Curls 18 Sprinter Sit Ups 18 Lunges 5 Burpees Each Side	13 18 Tricep Extensions 18 Bicycles 18 Squats 5 Burpees Each Side	14 18 Rows 18 Sitting Twists 18 Donkey Kicks 5 Burpees Each Side	15 21 Bicep Curls 21 Sprinter Sit Ups 21 Lunges 5 Burpees Each Side	16 21 Tricep Extensions 21 Bicycles 21 Squats 5 Burpees Each Side	17 21 Rows 21 Sitting Twists 21 Donkey Kicks 5 Burpees Each Side
18 REST DAY	19 24 Bicep Curls 24 Sprinter Sit Ups 24 Lunges 5 Burpees Total	20 24 Tricep Extensions 24 Bicycles 24 Squats 5 Burpees Total	21 24 Rows 24 Sitting Twists 24 Donkey Kicks 5 Burpees Total	22 27 Bicep Curls 27 Sprinter Sit Ups 27 Lunges 5 Burpees Total	23 27 Tricep Extensions 27 Bicycles 27 Squats 5 Burpees Total	24 27 Rows 27 Sitting Twists 27 Donkey Kicks 5 Burpees Total
25 REST DAY	26 30 Bicep Curls 30 Sprinter Sit Ups 30 Lunges 5 Burpees Each Side	27 30 Tricep Extensions 30 Bicycles 30 Squats 5 Burpees Each Side	28 30 Rows 30 Sitting Twists 30 Donkey Kicks 5 Burpees Each Side	29 33 Bicep Curls 33 Sprinter Sit Ups 33 Lunges 5 Burpees Each Side	30 33 Tricep Extensions 33 Bicycles 33 Squats 5 Burpees Each Side	31 33 Rows 33 Sitting Twists 33 Donkey Kicks 5 Burpees Each Side

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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