



**GYIS**

More Than Just Fitness!

# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## JANUARY 2023 KICKING & PUNCHING IN THE NEW YEAR

<b>1</b> <b>REST DAY</b>	<b>2</b> 10 Squat & F. Kick 10 Squat & B. Kick 20 Palm Punches  Each Leg/Arm	<b>3</b> 10 Squat & R. Kick 10 Squat & L. Kick 10 R. Jab Punches 10 L. Jab Punches Each Leg/Arm	<b>4</b> 14 Squat & F. Kick 14 Squat & B. Kick 28 Palm Punches  Each Leg/Arm	<b>5</b> 14 Squat & R. Kick 14 Squat & L. Kick 14 R. Jab Punches 14 L. Jab Punches Each Leg/Arm	<b>6</b> 18 Squat & F. Kick 18 Squat & B. Kick 36 Palm Punches  Each Leg/Arm	<b>7</b> 18 Squat & R. Kick 18 Squat & L. Kick 18 R. Jab Punches 18 L. Jab Punches Each Leg/Arm
<b>8</b> <b>REST DAY</b>	<b>9</b> 20 Squat & F. Kick 20 Squat & B. Kick 40 Palm Punches  Each Leg/Arm	<b>10</b> 20 Squat & R. Kick 20 Squat & L. Kick 20 R. Jab Punches 20 L. Jab Punches Each Leg/Arm	<b>11</b> 24 Squat & F. Kick 24 Squat & B. Kick 48 Palm Punches  Each Leg/Arm	<b>12</b> 24 Squat & R. Kick 24 Squat & L. Kick 24 R. Jab Punches 24 L. Jab Punches Each Leg/Arm	<b>13</b> 28 Squat & F. Kick 28 Squat & B. Kick 56 Palm Punches  Each Leg/Arm	<b>14</b> 28 Squat & R. Kick 28 Squat & L. Kick 28 R. Jab Punches 28 L. Jab Punches Each Leg/Arm
<b>15</b> <b>REST DAY</b>	<b>16</b> 30 Squat & F. Kick 30 Squat & B. Kick 60 Palm Punches  Each Leg/Arm	<b>17</b> 30 Squat & R. Kick 30 Squat & L. Kick 30 R. Jab Punches 30 L. Jab Punches Each Leg/Arm	<b>18</b> 34 Squat & F. Kick 34 Squat & B. Kick 68 Palm Punches  Each Leg/Arm	<b>19</b> 34 Squat & R. Kick 34 Squat & L. Kick 34 R. Jab Punches 34 L. Jab Punches Each Leg/Arm	<b>20</b> 38 Squat & F. Kick 38 Squat & B. Kick 76 Palm Punches  Each Leg/Arm	<b>21</b> 38 Squat & R. Kick 38 Squat & L. Kick 38 R. Jab Punches 38 L. Jab Punches Each Leg/Arm
<b>22</b> <b>REST DAY</b>	<b>23</b> 40 Squat & F. Kick 40 Squat & B. Kick 80 Palm Punches  Each Leg/Arm	<b>24</b> 40 Squat & R. Kick 40 Squat & L. Kick 40 R. Jab Punches 40 L. Jab Punches Each Leg/Arm	<b>25</b> 44 Squat & F. Kick 44 Squat & B. Kick 88 Palm Punches  Each Leg/Arm	<b>26</b> 44 Squat & R. Kick 44 Squat & L. Kick 44 R. Jab Punches 44 L. Jab Punches Each Leg/Arm	<b>27</b> 48 Squat & F. Kick 48 Squat & B. Kick 96 Palm Punches  Each Leg/Arm	<b>28</b> 48 Squat & R. Kick 48 Squat & L. Kick 48 R. Jab Punches 48 L. Jab Punches Each Leg/Arm
<b>29</b> <b>REST DAY</b>	<b>30</b> 50 Squat & F. Kick 50 Squat & B. Kick 100 Palm Punches  Each Leg/Arm	<b>31</b> 50 Squat & R. Kick 50 Squat & L. Kick 50 R. Jab Punches 50 L. Jab Punches Each Leg/Arm				

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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.