



**GYIS**

More Than Just Fitness!

# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY 2023 CARDIO CHALLENGE</b>						
			<b>1</b> 10 123 Inside Knee 10 Frog Jumps 10 Jumping Jacks 10 Curtsv Lunge	<b>2</b> 12 123 Inside Knee 12 Frog Jumps 12 Jumping Jacks 12 Curtsv Lunge Total for the Day	<b>3</b> 15 123 Inside Knee 15 Frog Jumps 15 Jumping Jacks 15 Curtsv Lunge Total for the Day	<b>4</b> 18 123 Inside Knee 18 Frog Jumps 18 Jumping Jacks 18 Curtsv Lunge Total for the Day
<b>5</b> <b>REST DAY</b>	<b>6</b> 18 123 Inside Knee 18 Frog Jumps 18 Jumping Jacks 18 Curtsv Lunge Total for the Day	<b>7</b> 20 123 Inside Knee 20 Frog Jumps 20 Jumping Jacks 20 Curtsv Lunge Total for the Day	<b>8</b> 20 123 Inside Knee 20 Frog Jumps 20 Jumping Jacks 20 Curtsv Lunge Total for the Day	<b>9</b> 23 123 Inside Knee 23 Frog Jumps 23 Jumping Jacks 23 Curtsv Lunge Total for the Day	<b>10</b> 23 123 Inside Knee 23 Frog Jumps 23 Jumping Jacks 23 Curtsv Lunge Total for the Day	<b>11</b> 25 123 Inside Knee 25 Frog Jumps 25 Jumping Jacks 25 Curtsv Lunge Total for the Day
<b>12</b> <b>REST DAY</b>	<b>13</b> 25 123 Inside Knee 25 Frog Jumps 25 Jumping Jacks 25 Curtsv Lunge Total for the Day	<b>14</b> 28 123 Inside Knee 28 Frog Jumps 28 Jumping Jacks 28 Curtsv Lunge Total for the Day	<b>15</b> 30 123 Inside Knee 30 Frog Jumps 30 Jumping Jacks 30 Curtsv Lunge Total for the Day	<b>16</b> 30 123 Inside Knee 30 Frog Jumps 30 Jumping Jacks 30 Curtsv Lunge Total for the Day	<b>17</b> 33 123 Inside Knee 33 Frog Jumps 33 Jumping Jacks 33 Curtsv Lunge Total for the Day	<b>18</b> 35 123 Inside Knee 35 Frog Jumps 35 Jumping Jacks 35 Curtsv Lunge Total for the Day
<b>19</b> <b>REST DAY</b>	<b>20</b> 35 123 Inside Knee 35 Frog Jumps 35 Jumping Jacks 35 Curtsv Lunge Total for the Day	<b>21</b> 38 123 Inside Knee 38 Frog Jumps 38 Jumping Jacks 38 Curtsv Lunge Total for the Day	<b>22</b> 40 123 Inside Knee 40 Frog Jumps 40 Jumping Jacks 40 Curtsv Lunge Total for the Day	<b>23</b> 43 123 Inside Knee 43 Frog Jumps 43 Jumping Jacks 43 Curtsv Lunge Total for the Day	<b>24</b> 45 123 Inside Knee 45 Frog Jumps 45 Jumping Jacks 45 Curtsv Lunge Total for the Day	<b>25</b> 48 123 Inside Knee 48 Frog Jumps 48 Jumping Jacks 48 Curtsv Lunge Total for the Day
<b>26</b> <b>REST DAY</b>	<b>27</b> 48 123 Inside Knee 48 Frog Jumps 48 Jumping Jacks 48 Curtsy Lunges Total for the Day	<b>28</b> 50 123 Inside Knee 50 Frog Jumps 50 Jumping Jacks 50 Curtsy Lunges Total for the Day		You can substitute an exercise for another cardio exercise if needed.	<b>Cardio Substitutions:</b> Jump Squats, Jump & Punch, High Knees, Jump/Step Ups, Cliff Climbers, Skaters, Jump Rope, Burpees, Mtn. Climbers, Wall Touches,	<b>Cardio Substitutions:</b> Heisman, Star Jumps, Jumping Lunges, walk/run/jog, etc.

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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.