



GYIS

More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2023 CORE CHALLENGE						
						1 10 Running Man Sit Ups 10 Oblique Reaches 10 Reverse Crunches 10 Lying Opposites
2 REST DAY	3 10 Running Man Sit Ups 10 Oblique Reaches 10 Reverse Crunches 10 Lying Opposites	4 10 Running Man Sit Ups 10 Oblique Reaches 10 Reverse Crunches 10 Lying Opposites	5 12 Running Man Sit Ups 12 Oblique Reaches 12 Reverse Crunches 12 Lying Opposites	6 12 Running Man Sit Ups 12 Oblique Reaches 12 Reverse Crunches 12 Lying Opposites	7 12 Running Man Sit Ups 12 Oblique Reaches 12 Reverse Crunches 12 Lying Opposites	8 14 Running Man Sit Ups 14 Oblique Reaches 14 Reverse Crunches 14 Lying Opposites
9 REST DAY	10 14 Running Man Sit Ups 14 Oblique Reaches 14 Reverse Crunches 14 Lying Opposites	11 14 Running Man Sit Ups 14 Oblique Reaches 14 Reverse Crunches 14 Lying Opposites	12 16 Running Man Sit Ups 16 Oblique Reaches 16 Reverse Crunches 16 Lying Opposites	13 16 Running Man Sit Ups 16 Oblique Reaches 16 Reverse Crunches 16 Lying Opposites	14 16 Running Man Sit Ups 16 Oblique Reaches 16 Reverse Crunches 16 Lying Opposites	15 18 Running Man Sit Ups 18 Oblique Reaches 18 Reverse Crunches 18 Lying Opposites
16 REST DAY	17 18 Running Man Sit Ups 18 Oblique Reaches 18 Reverse Crunches 18 Lying Opposites	18 18 Running Man Sit Ups 18 Oblique Reaches 18 Reverse Crunches 18 Lying Opposites	19 20 Running Man Sit Ups 20 Oblique Reaches 20 Reverse Crunches 20 Lying Opposites	20 20 Running Man Sit Ups 20 Oblique Reaches 20 Reverse Crunches 20 Lying Opposites	21 20 Running Man Sit Ups 20 Oblique Reaches 20 Reverse Crunches 20 Lying Opposites	22 22 Running Man Sit Ups 22 Oblique Reaches 22 Reverse Crunches 22 Lying Opposites
23 REST DAY	24 22 Running Man Sit Ups 22 Oblique Reaches 22 Reverse Crunches 22 Lying Opposites	25 22 Running Man Sit Ups 22 Oblique Reaches 22 Reverse Crunches 22 Lying Opposites	26 24 Running Man Sit Ups 24 Oblique Reaches 24 Reverse Crunches 24 Lying Opposites	27 24 Running Man Sit Ups 24 Oblique Reaches 24 Reverse Crunches 24 Lying Opposites	28 26 Running Man Sit Ups 26 Oblique Reaches 26 Reverse Crunches 26 Lying Opposites	29 26 Running Man Sit Ups 26 Oblique Reaches 26 Reverse Crunches 26 Lying Opposites
30 REST DAY						

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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 add a kick after the lunge or add weights to take it up a notch or you can change up the variations of exercises - walking, curtsy, jumping, etc. The total line is for noting any changes you make to the challenge.