



# 30-DAY CHALLENGE

## JUNE 2023 TOTAL BODY CHALLENGE

| Sunday                       | Monday                                                                                                                      | Tuesday                                                                                                                     | Wednesday                                                                                                                   | Thursday                                                                                                                    | Friday                                                                                                                      | Saturday                                                                                                                    |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                              |                                                                                                                             |                                                                                                                             |                                                                                                                             |                                                                                                                             |                                                                                                                             |                                                                                                                             |
|                              |                                                                                                                             |                                                                                                                             |                                                                                                                             | <b>1</b><br>5 Punch Up & Twist<br>5 Bicep Curl to Press<br>5 Triceps - overhead<br>5 Defensive Slides<br>5 Dead Lifts       | <b>2</b><br>6 Punch Up & Twist<br>6 Bicep Curl to Press<br>6 Triceps - overhead<br>6 Defensive Slides<br>6 Dead Lifts       | <b>3</b><br>7 Punch Up & Twist<br>7 Bicep Curl to Press<br>7 Triceps - overhead<br>7 Defensive Slides<br>7 Dead Lifts       |
| <b>4</b><br><b>REST DAY</b>  | <b>5</b><br>7 Punch Up & Twist<br>7 Bicep Curl to Press<br>7 Triceps - overhead<br>7 Defensive Slides<br>7 Dead Lifts       | <b>6</b><br>8 Punch Up & Twist<br>8 Bicep Curl to Press<br>8 Triceps - overhead<br>8 Defensive Slides<br>8 Dead Lifts       | <b>7</b><br>Punch Up & Twist<br>9 Bicep Curl to Press<br>9 Triceps - overhead<br>9 Defensive Slides<br>9 Dead Lifts         | <b>8</b><br>10 Punch Up & Twist<br>10 Bicep Curl to Press<br>10 Triceps - overhead<br>10 Defensive Slides<br>10 Dead Lifts  | <b>9</b><br>11 Punch Up & Twist<br>11 Bicep Curl to Press<br>11 Triceps - overhead<br>11 Defensive Slides<br>11 Dead Lifts  | <b>11</b><br>12 Punch Up & Twist<br>12 Bicep Curl to Press<br>12 Triceps - overhead<br>12 Defensive Slides<br>12 Dead Lifts |
| <b>11</b><br><b>REST DAY</b> | <b>12</b><br>12 Punch Up & Twist<br>12 Bicep Curl to Press<br>12 Triceps - overhead<br>12 Defensive Slides<br>12 Dead Lifts | <b>13</b><br>13 Punch Up & Twist<br>13 Bicep Curl to Press<br>13 Triceps - overhead<br>13 Defensive Slides<br>13 Dead Lifts | <b>14</b><br>14 Punch Up & Twist<br>14 Bicep Curl to Press<br>14 Triceps - overhead<br>14 Defensive Slides<br>14 Dead Lifts | <b>15</b><br>15 Punch Up & Twist<br>15 Bicep Curl to Press<br>15 Triceps - overhead<br>15 Defensive Slides<br>15 Dead Lifts | <b>16</b><br>16 Punch Up & Twist<br>16 Bicep Curl to Press<br>16 Triceps - overhead<br>16 Defensive Slides<br>16 Dead Lifts | <b>17</b><br>17 Punch Up & Twist<br>17 Bicep Curl to Press<br>17 Triceps - overhead<br>17 Defensive Slides<br>17 Dead Lifts |
| <b>18</b><br><b>REST DAY</b> | <b>19</b><br>17 Punch Up & Twist<br>17 Bicep Curl to Press<br>17 Triceps - overhead<br>17 Defensive Slides<br>17 Dead Lifts | <b>20</b><br>18 Punch Up & Twist<br>18 Bicep Curl to Press<br>18 Triceps - overhead<br>18 Defensive Slides<br>18 Dead Lifts | <b>21</b><br>19 Punch Up & Twist<br>19 Bicep Curl to Press<br>19 Triceps - overhead<br>19 Defensive Slides<br>19 Dead Lifts | <b>22</b><br>20 Punch Up & Twist<br>20 Bicep Curl to Press<br>20 Triceps - overhead<br>20 Defensive Slides<br>20 Dead Lifts | <b>23</b><br>21 Punch Up & Twist<br>21 Bicep Curl to Press<br>21 Triceps - overhead<br>21 Defensive Slides<br>21 Dead Lifts | <b>24</b><br>22 Punch Up & Twist<br>22 Bicep Curl to Press<br>22 Triceps - overhead<br>22 Defensive Slides<br>22 Dead Lifts |
| <b>25</b><br><b>REST DAY</b> | <b>26</b><br>22 Punch Up & Twist<br>22 Bicep Curl to Press<br>22 Triceps - overhead<br>22 Defensive Slides<br>22 Dead Lifts | <b>27</b><br>23 Punch Up & Twist<br>23 Bicep Curl to Press<br>23 Triceps - overhead<br>23 Defensive Slides<br>23 Dead Lifts | <b>28</b><br>24 Punch Up & Twist<br>24 Bicep Curl to Press<br>24 Triceps - overhead<br>24 Defensive Slides<br>24 Dead Lifts | <b>29</b><br>25 Punch Up & Twist<br>25 Bicep Curl to Press<br>25 Triceps - overhead<br>25 Defensive Slides<br>25 Dead Lifts | <b>30</b><br>26 Punch Up & Twist<br>26 Bicep Curl to Press<br>26 Triceps - overhead<br>26 Defensive Slides<br>26 Dead Lifts |                                                                                                                             |

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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, fewer sets or break them up throughout the day. If it is not challenging enough increase the rep count or set count. You can start the challenge on any day that you want. You can change up the variations of the different exercises or feel free to substitute any exercise.