



GYIS
More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST JUMPING JACKS WITH A TWIST CHALLENGE						
		1 25 Jack Squats 10 Plank Jacks	2 30 Jumping Jacks 12 Plank Jacks	3 35 Wacky (oblique) Jacks 14 Plank Jacks	4 40 Star Jump Jacks 16 Plank Jacks	5 45 Seal Jacks 18 Plank Jacks
6 REST DAY	7 50 Jumping Jacks 20 Plank Jacks	8 55 Jack Squats 22 Plank Jacks	9 60 Jumping Jacks 24 Plank Jacks	10 65 Wacky (oblique) Jacks 26 Plank Jacks	11 70 Star Jump Jacks 28 Plank Jacks	12 75 Seal Jacks 30 Plank Jacks
13 REST DAY	14 80 Jumping Jacks 32 Plank Jacks	15 85 Jack Squats 34 Plank Jacks	16 90 Jumping Jacks 36 Plank Jacks	17 95 Wacky (oblique) Jacks 38 Plank Jacks	18 100 Star Jump Jacks 40 Plank Jacks	19 105 Seal Jacks 42 Plank Jacks
20 REST DAY	21 110 Jumping Jacks 44 Plank Jacks	22 115 Jack Squats 46 Plank Jacks	23 120 Jumping Jacks 48 Plank Jacks	24 125 Wacky (oblique) Jacks 50 Plank Jacks	25 130 Star Jump Jacks 52 Plank Jacks	26 135 Seal Jacks 54 Plank Jacks
27 REST DAY	28 140 Jumping Jacks 56 Plank Jacks	29 145 Jack Squats 58 Plank Jacks	30 150 Jumping Jacks 60 Plank Jacks	31 155 Wacky (oblique) Jacks 65 Plank Jacks		

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Notes: These challenges are designed to be above and beyond your regular workout routine. 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. You can change up the variations of the exercises if you want to mix it up.