



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SEPTEMBER BACK TO SCHOOL CHALLENGE</b>						
					<b>1</b> 5 Superman 5 Platypus 5 Kneeling Opposites 5 Field Goals	<b>2</b> 7 Peter Pan 7 Swimming Superman 7 Lying Opposites 7 L Rows
<b>3</b> <b>REST DAY</b>	<b>4</b> 7 Superman 7 Platypus 7 Kneeling Opposites 7 Field Goals	<b>5</b> 10 Peter Pan 10 Swimming Superman 10 Lying Opposites 10 L Rows	<b>6</b> 12 Superman 12 Platypus 12 Kneeling Opposites 12 Field Goals	<b>7</b> 15 Peter Pan 15 Swimming Superman 15 Lying Opposites 15 L Rows	<b>8</b> 18 Superman 18 Platypus 18 Kneeling Opposites 18 Field Goals	<b>9</b> 20 Peter Pan 20 Swimming Superman 20 Lying Opposites. 20 L Rows
<b>10</b> <b>REST DAY</b>	<b>11</b> 20 Superman 20 Platypus 20 Kneeling Opposites 20 Field Goals	<b>12</b> 22 Peter Pan 22 Swimming Superman 22 Lying Opposites 22 L Rows	<b>13</b> 25 Superman 25 Platypus 25 Kneeling Opposites 25 Field Goals	<b>14</b> 28 Peter Pan 28 Swimming Superman 28 Lying Opposites 28 L Rows	<b>15</b> 30 Superman 30 Platypus 30 Kneeling Opposites 30 Field Goals	<b>16</b> 32 Peter Pan 32 Swimming Superman 32 Lying Opposites 32 L Rows
<b>17</b> <b>REST DAY</b>	<b>18</b> 32 Superman 32 Platypus 32 Kneeling Opposites 32 Field Goals	<b>19</b> 35 Peter Pan 35 Swimming Superman 35 Lying Opposites 35 L Rows	<b>20</b> 38 Superman 38 Platypus 38 Kneeling Opposites 38 Field Goals	<b>21</b> 40 Peter Pan 40 Swimming Superman 40 Lying Opposites 40 L Rows	<b>22</b> 42 Superman 42 Platypus 42 Kneeling Opposites 42 Field Goals	<b>23</b> 45 Peter Pan 45 Swimming Superman 45 Lying Opposites 45 L Rows
<b>24</b> <b>REST DAY</b>	<b>25</b> 45 Superman 45 Platypus 45 Kneeling Opposites 45 Field Goals	<b>26</b> 48 Peter Pan 48 Swimming Superman 48 Lying Opposites 48 L Rows	<b>27</b> 50 Superman 50 Platypus 50 Kneeling Opposites 50 Field Goals	<b>28</b> 52 Peter Pan 52 Swimming Superman 52 Lying Opposites. 52 L Rows	<b>29</b> 55 Superman 55 Platypus 55 Kneeling Opposites. 55 Field Goals	<b>30</b> 58 Peter Pan 58 Swimming Superman 58 Lying Opposites 58 L Rows

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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.