



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2023 BALANCE CHALLENGE						
1 REST DAY	2 10 Leg Extension L 10 Leg Extension R 10 Bicep Curls Balance L 10 Tricep Kickbacks Balance R	3 11 Lateral Leg Raise L 11 Lateral Leg Raise R 11 Tricep Kickbacks Balance L 11 Hammer Curls Balance R	4 12 Leg Extension L 12 Leg Extension R 12 Bicep Curls Balance L 12 Tricep Kickbacks Balance R	5 13 Lateral Leg Raise L 13 Lateral Leg Raise R 13 Tricep Kickbacks Balance L 13 Hammer Curls Balance R	6 14 Leg Extension L 14 Leg Extension R 14 Bicep Curls Balance L 14 Tricep Kickbacks Balance R	7 15 Lateral Leg Raise L 15 Lateral Leg Raise R 15 Tricep Kickbacks Balance L 15 Hammer Curls Balance R
8 REST DAY	9 15 Leg Extension L 15 Leg Extension R 15 Bicep Curls Balance L 15 Tricep Kickbacks Balance R	10 16 Lateral Leg Raise L 16 Lateral Leg Raise R 16 Tricep Kickbacks Balance L 16 Hammer Curls Balance R	11 17 Leg Extension L 17 Leg Extension R 17 Bicep Curls Balance L 17 Tricep Kickbacks Balance R	12 18 Lateral Leg Raise L 18 Lateral Leg Raise R 18 Tricep Kickbacks Balance L 18 Hammer Curls Balance R	13 19 Leg Extension L 19 Leg Extension R 19 Bicep Curls Balance L 19 Tricep Kickbacks Balance R	14 20 Lateral Leg Raise L 20 Lateral Leg Raise R 20 Tricep Kickbacks Balance L 20 Hammer Curls Balance R
15 REST DAY	16 20 Leg Extension L 20 Leg Extension R 20 Bicep Curls Balance L 20 Tricep Kickbacks Balance R	17 21 Lateral Leg Raise L 21 Lateral Leg Raise R 21 Tricep Kickbacks Balance L 21 Hammer Curls Balance R	18 22 Leg Extension L 22 Leg Extension R 22 Bicep Curls Balance L 22 Tricep Kickbacks Balance R	19 23 Lateral Leg Raise L 23 Lateral Leg Raise R 23 Tricep Kickbacks Balance L 23 Hammer Curls Balance R	20 24 Leg Extension L 24 Leg Extension R 24 Bicep Curls Balance L 24 Tricep Kickbacks Balance R	21 25 Lateral Leg Raise L 25 Lateral Leg Raise R 25 Tricep Kickbacks Balance L 25 Hammer Curls Balance R
22 REST DAY	23 25 Leg Extension L 25 Leg Extension R 25 Bicep Curls Balance L 25 Tricep Kickbacks Balance R	24 26 Lateral Leg Raise L 26 Lateral Leg Raise R 26 Tricep Kickbacks Balance L 26 Hammer Curls Balance R	25 27 Leg Extension L 27 Leg Extension R 27 Bicep Curls Balance L 27 Tricep Kickbacks Balance R	26 28 Lateral Leg Raise L 28 Lateral Leg Raise R 28 Tricep Kickbacks Balance L 28 Hammer Curls Balance R	27 29 Leg Extension L 29 Leg Extension R 29 Bicep Curls Balance L 29 Tricep Kickbacks Balance R	28 30 Lateral Leg Raise L 30 Lateral Leg Raise R 30 Tricep Kickbacks Balance L 30 Hammer Curls Balance R
29 REST DAY	30 30 Leg Extension L 30 Leg Extension R 30 Bicep Curls Balance L 30 Tricep Kickbacks Balance R	31 31 Lateral Leg Raise L 31 Lateral Leg Raise R 31 Tricep Kickbacks Balance L 31 Hammer Curls Balance R				

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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. You can change up the variations of the exercises if you want to mix it up.