



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 2023 LEG CHALLENGE						
					1 10 Sideways Sissors 10 Donkey Kicks 10 Fire Hydrants 5 Burpees Each Leg	2 11 Sideways Sissors 11 Donkey Kicks 11 Fire Hydrants 5 Burpees Each Leg
3 REST DAY	4 12 Sideways Sissors 12 Donkey Kicks 12 Fire Hydrants 5 Burpees Each Leg	5 13 Sideways Sissors 13 Donkey Kicks 13 Fire Hydrants 5 Burpees Each Leg	6 14 Sideways Sissors 14 Donkey Kicks 14 Fire Hydrants 5 Burpees Each Leg	7 15 Sideways Sissors 15 Donkey Kicks 15 Fire Hydrants 5 Burpees Each Leg	8 16 Sideways Sissors 16 Donkey Kicks 16 Fire Hydrants 5 Burpees Each Leg	9 17 Sideways Sissors 17 Donkey Kicks 17 Fire Hydrants 5 Burpees Each Leg
10 REST DAY	11 18 Sideways Sissors 18 Donkey Kicks 18 Fire Hydrants 5 Burpees Each Leg	12 19 Sideways Sissors 19 Donkey Kicks 19 Fire Hydrants 5 Burpees Each Leg	13 20 Sideways Sissors 20 Donkey Kicks 20 Fire Hydrants 5 Burpees Each Leg	14 21 Sideways Sissors 21 Donkey Kicks 21 Fire Hydrants 5 Burpees Each Leg	15 22 Sideways Sissors 22 Donkey Kicks 22 Fire Hydrants 5 Burpees Each Leg	16 23 Sideways Sissors 23 Donkey Kicks 23 Fire Hydrants 5 Burpees Each Leg
17 REST DAY	18 24 Sideways Sissors 24 Donkey Kicks 24 Fire Hydrants 5 Burpees Each Leg	19 25 Sideways Sissors 25 Donkey Kicks 25 Fire Hydrants 5 Burpees Each Leg	20 26 Sideways Sissors 26 Donkey Kicks 26 Fire Hydrants 5 Burpees Each Leg	21 27 Sideways Sissors 27 Donkey Kicks 27 Fire Hydrants 5 Burpees Each Leg	22 28 Sideways Sissors 28 Donkey Kicks 28 Fire Hydrants 5 Burpees Each Leg	23 29 Sideways Sissors 29 Donkey Kicks 29 Fire Hydrants 5 Burpees Each Leg
24 REST DAY	25 30 Sideways Sissors 30 Donkey Kicks 30 Fire Hydrants 5 Burpees Each Leg	26 31 Sideways Sissors 31 Donkey Kicks 31 Fire Hydrants 5 Burpees Each Leg	27 32 Sideways Sissors 32 Donkey Kicks 32 Fire Hydrants 5 Burpees Each Leg	28 33 Sideways Sissors 33 Donkey Kicks 33 Fire Hydrants 5 Burpees Each Leg	29 34 Sideways Sissors 34 Donkey Kicks 34 Fire Hydrants 5 Burpees Each Leg	30 35 Sideways Sissors 35 Donkey Kicks 35 Fire Hydrants 5 Burpees Each Leg
31 REST DAY						

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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. You can start the challenge on any day that you want.