



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY 2024 AB/PUSHUP CHALLENGE</b>						
	<b>1</b> 8 Bicycles 8 Oblique Reaches 8 Crunches 8 Pushups	<b>2</b> 10 Bicycles 10 Oblique Reach 10 Crunches 10 Pushups	<b>3</b> 12 Bicycles 12 Oblique Reach 12 Crunches 12 Pushups	<b>4</b> 14 Bicycles 14 Oblique Reach 14 Crunches 14 Pushups	<b>5</b> 16 Bicycles 16 Oblique Reach 16 Crunches 16 Pushups	<b>6</b> 18 Bicycles 18 Oblique Reach 18 Crunches 18 Pushups
<b>7 REST DAY</b>	<b>8</b> 18 Bicycles 18 Oblique Reach 18 Crunches 18 Pushups	<b>9</b> 20 Bicycles 20 Oblique Reach 20 Crunches 20 Pushups	<b>10</b> 22 Bicycles 22 Oblique Reach 22 Crunches 22 Pushups	<b>11</b> 24 Bicycles 24 Oblique Reach 24 Crunches 24 Pushups	<b>12</b> 26 Bicycles 26 Oblique Reach 26 Crunches 26 Pushups	<b>13</b> 28 Bicycles 28 Oblique Reach 28 Crunches 28 Pushups
<b>14 REST DAY</b>	<b>15</b> 28 Bicycles 28 Oblique Reach 28 Crunches 28 Pushups	<b>16</b> 30 Bicycles 30 Oblique Reach 30 Crunches 30 Pushups	<b>17</b> 32 Bicycles 32 Oblique Reach 32 Crunches 32 Pushups	<b>18</b> 34 Bicycles 34 Oblique Reach 34 Crunches 34 Pushups	<b>19</b> 36 Bicycles 36 Oblique Reach 36 Crunches 36 Pushups	<b>20</b> 38 Bicycles 38 Oblique Reach 38 Crunches 38 Pushups
<b>21 REST DAY</b>	<b>22</b> 38 Bicycles 38 Oblique Reach 38 Crunches 38 Pushups	<b>23</b> 40 Bicycles 40 Oblique Reach 40 Crunches 40 Pushups	<b>24</b> 42 Bicycles 42 Oblique Reach 42 Crunches 42 Pushups	<b>25</b> 44 Bicycles 44 Oblique Reach 44 Crunches 44 Pushups	<b>26</b> 46 Bicycles 46 Oblique Reach 46 Crunches 46 Pushups	<b>27</b> 48 Bicycles 48 Oblique Reach 48 Crunches 48 Pushups
<b>28 REST DAY</b>	<b>29</b> 48 Bicycles 48 Oblique Reach 48 Crunches 48 Pushups	<b>30</b> 50 Bicycles 50 Oblique Reach 50 Crunches 50 Pushups	<b>31</b> 50 Bicycles 50 Oblique Reach 50 Crunches 50 Pushups			

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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.