



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2024 COREDIO CHALLENGE						
				1 12 Log Jumps 12 Windshield Wipers 12 Mummy Kicks 12 Punch & Twist	2 12 Long Jump/Hop Back 12 V-sits 12 180 Jumps 12 Oblique Reaches	3 15 Log Jumps 15 Windshield Wipers 15 Mummy Kicks 15 Punch & Twist
4 REST DAY	5 15 Long Jump/Hop Back 15 V-sits 15 180 Jumps 15 Oblique Reaches	6 18 Log Jumps 18 Windshield Wipers 18 Mummy Kicks 18 Punch & Twist	7 18 Long Jump/Hop Back 18 V-sits 18 180 Jumps 18 Oblique Reaches	8 20 Log Jumps 20 Windshield Wipers 20 Mummy Kicks 20 Punch & Twist	9 20 Long Jump/Hop Back 20 V-sits 20 180 Jumps 20 Oblique Reaches	10 22 Log Jumps 22 Windshield Wipers 22 Mummy Kicks 22 Punch & Twist
11 REST DAY	12 22 Long Jump/Hop Back 22 V-sits 22 180 Jumps 22 Oblique Reaches	13 25 Log Jumps 25 Windshield Wipers 25 Mummy Kicks 25 Punch & Twist	14 25 Long Jump/Hop Back 25 V-sits 25 180 Jumps 25 Oblique Reaches	15 28 Log Jumps 28 Windshield Wipers 28 Mummy Kicks 28 Punch & Twist	16 28 Long Jump/Hop Back 28 V-sits 28 180 Jumps 28 Oblique Reaches	17 30 Log Jumps 30 Windshield Wipers 30 Mummy Kicks 30 Punch & Twist
18 REST DAY	19 30 Long Jump/Hop Back 30 V-sits 30 180 Jumps 30 Oblique Reaches	20 32 Log Jumps 32 Windshield Wipers 32 Mummy Kicks 32 Punch & Twist	21 32 Long Jump/Hop Back 32 V-sits 32 180 Jumps 32 Oblique Reaches	22 35 Log Jumps 35 Windshield Wipers 35 Mummy Kicks 35 Punch & Twist	23 35 Long Jump/Hop Back 35 V-sits 35 180 Jumps 35 Oblique Reaches	24 38 Log Jumps 38 Windshield Wipers 38 Mummy Kicks 38 Punch & Twist
25 REST DAY	26 38 Long Jump/Hop Back 38 V-sits 38 180 Jumps 38 Oblique Reaches	27 40 Log Jumps 40 Windshield Wipers 40 Mummy Kicks 40 Punch & Twist	28 40 Long Jump/Hop Back 40 V-sits 40 180 Jumps 40 Oblique Reaches	29 42 Log Jumps 42 Windshield Wipers 42 Mummy Kicks 42 Punch & Twist	You can substitute an exercise for another cardio exercise if needed. Cardio Substitutions: Heisman, Star Jumps, Jumping Lunges, walk/run/jog, etc.	Cardio Substitutions: Jump Squats, Jump & Punch, High Knees, Jump/Step Ups, Cliff Climbers, Skaters, Jump Rope, Burpees, Mtn. Climbers, Wall Touches,

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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.