



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 2024 COMBO CHALLENGE						
			1 10 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	2 10 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	3 12 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	4 12 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
		Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day
5 REST DAY	6 12 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	7 15 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	8 15 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	9 18 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	10 18 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	11 20 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day
12 REST DAY	13 20 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	14 22 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	15 22 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	16 25 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	17 25 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	18 28 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day
19 REST DAY	20 28 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	21 30 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	22 30 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	23 32 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	24 32 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	25 35 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the Day
26 REST DAY	27 35 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	28 38 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	29 38 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	30 40 Reps R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	31 40 Reps R Lat Lunge w/L Arm Lat Raise Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	
	Total for the Day	Total for the Day	Total for the Day	Total for the Day	Total for the 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 or do a 2nd round. You can start the challenge on any day that you want. You can change up the variations of the various exercises or feel free to substitute any exercise.