



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY MOBILITY CHALLENGE</b>						
				<b>1</b> 30 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>2</b> 30 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>3</b> 30 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch
<b>4</b> <b>REST DAY</b>	<b>5</b> 30 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>6</b> 40 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>7</b> 40 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>8</b> 40 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion	<b>9</b> 40 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>10</b> 50 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch
<b>11</b> <b>REST DAY</b>	<b>12</b> 50 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>13</b> 50 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>14</b> 50 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>15</b> 60 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion	<b>16</b> 60 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>17</b> 60 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch
<b>18</b> <b>REST DAY</b>	<b>19</b> 60 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>20</b> 70 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>21</b> 70 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>22</b> 70 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion	<b>23</b> 70 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>24</b> 80 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch
<b>25</b> <b>REST DAY</b>	<b>26</b> 80 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>27</b> 80 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>28</b> 80 seconds Thread Needle Rt. Thread Needle Lt. Plank to Down Dog Seal	<b>29</b> 90 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion	<b>30</b> 90 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch	<b>31</b> 90 seconds Plank to Child's Pose Quad Torso Rotation Rt Elbow Quad Torso Rotation Lt Elbow Scorpion Stretch

**Notes:** These challenges are designed to be above and beyond what you do at your fitness sessions. 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 2 rounds. You can start the challenge on any day that you want. You can change up the variations of the burpees - step or jump, add a pushup, etc.