



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2023 TOTAL BODY CHALLENGE						
1 REST DAY	2 5 Punch Up & Twist 5 Bicep Curl to Press 5 Triceps - overhead 5 Defensive Slides 5 Dead Lifts	3 6 Punch Up & Twist 6 Bicep Curl to Press 6 Triceps - overhead 6 Defensive Slides 6 Dead Lifts	4 7 Punch Up & Twist 7 Bicep Curl to Press 7 Triceps - overhead 7 Defensive Slides 7 Dead Lifts	5 8 Punch Up & Twist 8 Bicep Curl to Press 8 Triceps - overhead 8 Defensive Slides 8 Dead Lifts	6 9 Punch Up & Twist 9 Bicep Curl to Press 9 Triceps - overhead 9 Defensive Slides 9 Dead Lifts	7 10 Punch Up & Twist 10 Bicep Curl to Press 10 Triceps - overhead 10 Defensive Slides 10 Dead Lifts
8 REST DAY	9 10 Punch Up & Twist 10 Bicep Curl to Press 10 Triceps - overhead 10 Defensive Slides 10 Dead Lifts	10 11 Punch Up & Twist 11 Bicep Curl to Press 11 Triceps - overhead 11 Defensive Slides 11 Dead Lifts	11 12 Punch Up & Twist 12 Bicep Curl to Press 12 Triceps - overhead 12 Defensive Slides 12 Dead Lifts	12 13 Punch Up & Twist 13 Bicep Curl to Press 13 Triceps - overhead 13 Defensive Slides 13 Dead Lifts	13 14 Punch Up & Twist 14 Bicep Curl to Press 14 Triceps - overhead 14 Defensive Slides 14 Dead Lifts	14 15 Punch Up & Twist 15 Bicep Curl to Press 15 Triceps - overhead 15 Defensive Slides 15 Dead Lifts
15 REST DAY	16 15 Punch Up & Twist 15 Bicep Curl to Press 15 Triceps - overhead 15 Defensive Slides 15 Dead Lifts	17 16 Punch Up & Twist 16 Bicep Curl to Press 16 Triceps - overhead 16 Defensive Slides 16 Dead Lifts	18 17 Punch Up & Twist 17 Bicep Curl to Press 17 Triceps - overhead 17 Defensive Slides 17 Dead Lifts	19 18 Punch Up & Twist 18 Bicep Curl to Press 18 Triceps - overhead 18 Defensive Slides 18 Dead Lifts	20 19 Punch Up & Twist 19 Bicep Curl to Press 19 Triceps - overhead 19 Defensive Slides 19 Dead Lifts	21 20 Punch Up & Twist 20 Bicep Curl to Press 20 Triceps - overhead 20 Defensive Slides 20 Dead Lifts
22 REST DAY	23 20 Punch Up & Twist 20 Bicep Curl to Press 20 Triceps - overhead 20 Defensive Slides 20 Dead Lifts	24 21 Punch Up & Twist 21 Bicep Curl to Press 21 Triceps - overhead 21 Defensive Slides 21 Dead Lifts	25 22 Punch Up & Twist 22 Bicep Curl to Press 22 Triceps - overhead 22 Defensive Slides 22 Dead Lifts	26 23 Punch Up & Twist 23 Bicep Curl to Press 23 Triceps - overhead 23 Defensive Slides 23 Dead Lifts	27 24 Punch Up & Twist 24 Bicep Curl to Press 24 Triceps - overhead 24 Defensive Slides 24 Dead Lifts	28 25 Punch Up & Twist 25 Bicep Curl to Press 25 Triceps - overhead 25 Defensive Slides 25 Dead Lifts
29 REST DAY	30 25 Punch Up & Twist 25 Bicep Curl to Press 25 Triceps - overhead 25 Defensive Slides 25 Dead Lifts					

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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, fewer sets or break them up throughout the day. If it is not challenging enough increase the rep count or set count. You can start the challenge on any day that you want. You can change up the variations of the different exercises or feel free to substitute any exercise.