30-DAY CHALLENGE

NOVEMBER 2025 TOTAL BODY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8 Dead Bug 8 AbCrunch 8 AbWalks
2 REST DAY	**3** 8 Dead Bug 8 AbCrunch 8 AbWalks	**4** 10 Dead Bug 10 AbCrunch 10 AbWalks	**5** 8 Bicep Curls 8 Tricep Extensions 8 Shoulder Press	**6** 10 Bicep Curls 10 Tricep Extensions 10 Shoulder Press	**7** 8 Curtsey Lunges 8 Defensive Slides 8 Frog Jump/Step	**8** 10 Curtsey Lunges 10 Defensive Slides 10 Frog Jump/Step
9 REST DAY	**10** 10 Dead Bug 10 AbCrunch 10 AbWalks	**11** 12 Dead Bug 12 AbCrunch 12 AbWalks	**12** 10 Bicep Curls 10 Tricep Extensions 10 Shoulder Press	**13** 12 Bicep Curls 12 Tricep Extension 12 Shoulder Press	**14** 10 Curtsey Lunges 10 Defensive Slides 10 Frog Jump/Step	**15** 12 Curtsey Lunges 12 Defensive Slides 12 Frog Jump/Step
16 REST DAY	**17** 12 Dead Bug 12 AbCrunch 12 AbWalks	**18** 14 Dead Bug 14 AbCrunch 14 AbWalks	**19** 12 Bicep Curls 12 Tricep Extension 12 Shoulder Press	**20** 14 Bicep Curls 14 Tricep Extension 14 Shoulder Press	**21** 12 Curtsey Lunges 12 Defensive Slides 12 Frog Jump/Step	**22** 14 Curtsey Lunges 14 Defensive Slides 14 Frog Jump/Step
23/30 REST DAY	**24** 14 Dead Bug 14 AbCrunch 14 AbWalks	**25** 16 Dead Bug 16 AbCrunch 16 AbWalks	**26** 14 Bicep Curls 14 Tricep Extension 14 Shoulder Press	**27** 16 Bicep Curls 16 Tricep Extension 16 Shoulder Press	**28** 14 Curtsey Lunges 14 Defensive Slides 14 Frog Jump/Step	**29** 16 Curtsey Lunges 16 Defensive Slides 16 Frog Jump/Step

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 Planks you can do a regular plank, a piller, side planks, plank jacks, hip dip planks, shoulder tap planks, etc.