



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2026 UPPER BODY CHALLENGE						
			1 5 Bicep Curl to Press 5 Triceps - overhead 5 Plank to Downward Dog 5 Rows	2 6 Bicep Curl to Press 6 Triceps - overhead 6 Plank to Downward Dog 6 Rows	3 7 Bicep Curl to Press 7 Triceps - overhead 7 Plank to Downward Dog 7 Rows	4 8 Bicep Curl to Press 8 Triceps - overhead 8 Plank to Downward Dog 8 Rows
5 REST DAY	6 8 Bicep Curl to Press 8 Triceps - overhead 8 Plank to Downward Dog 8 Rows	7 9 Bicep Curl to Press 9 Triceps - overhead 9 Plank to Downward Dog 9 Rows	8 10 Bicep Curl to Press 10 Triceps - overhead 10 Plank - Downward Dog 10 Rows	9 11 Bicep Curl to Press 11 Triceps - overhead 11 Plank - Downward Dog 11 Rows	10 12 Bicep Curl to Press 12 Triceps - overhead 12 Plank - Downward Dog 12 Rows	11 13 Bicep Curl to Press 13 Triceps - overhead 13 Plank - Downward Dog 13 Rows
12 REST DAY	13 13 Bicep Curl to Press 13 Triceps - overhead 13 Plank - Downward Dog 13 Rows	14 14 Bicep Curl to Press 14 Triceps - overhead 14 Plank - Downward Dog 14 Rows	15 15 Bicep Curl to Press 15 Triceps - overhead 15 Plank - Downward Dog 15 Rows	16 16 Bicep Curl to Press 16 Triceps - overhead 16 Plank - Downward Dog 16 Rows	17 17 Bicep Curl to Press 17 Triceps - overhead 17 Plank - Downward Dog 17 Rows	18 18 Bicep Curl to Press 18 Triceps - overhead 18 Plank - Downward Dog 18 Rows
19 REST DAY	20 18 Bicep Curl to Press 18 Triceps - overhead 18 Plank - Downward Dog 18 Rows	21 19 Bicep Curl to Press 19 Triceps - overhead 19 Plank - Downward Dog 19 Rows	22 20 Bicep Curl to Press 20 Triceps - overhead 20 Plank - Downward Dog 20 Rows	23 21 Bicep Curl to Press 21 Triceps - overhead 21 Plank - Downward Dog 21 Rows	24 22 Bicep Curl to Press 22 Triceps - overhead 22 Plank - Downward Dog 22 Rows	26 23 Bicep Curl to Press 23 Triceps - overhead 23 Plank - Downward Dog 23 Rows
26 REST DAY	27 23 Bicep Curl to Press 23 Triceps - overhead 23 Plank - Downward Dog 23 Rows	28 24 Bicep Curl to Press 24 Triceps - overhead 24 Plank - Downward Dog 24 Rows	29 25 Bicep Curl to Press 25 Triceps - overhead 25 Plank - Downward Dog 25 Rows	30 26 Bicep Curl to Press 26 Triceps - overhead 26 Plank - Downward Dog 26 Rows		

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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.