



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY 2026 COMBO CHALLENGE</b>						
					<b>1</b> <b>10 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>2</b> <b>10 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
<b>3</b> <b>REST DAY</b>	<b>4</b> <b>12 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>5</b> <b>12 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>6</b> <b>15 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>7</b> <b>15 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>8</b> <b>18 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>9</b> <b>18 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
<b>10</b> <b>REST DAY</b>	<b>11</b> <b>20 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>12</b> <b>20 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>13</b> <b>22 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>14</b> <b>22 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>15</b> <b>25 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>16</b> <b>25 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
<b>17</b> <b>REST DAY</b>	<b>18</b> <b>28 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>19</b> <b>28 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>20</b> <b>30 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>21</b> <b>30 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>22</b> <b>32 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>23</b> <b>32 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press
<b>24/31</b> <b>REST DAY</b>	<b>25</b> <b>35 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>26</b> <b>35 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>27</b> <b>38 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>28</b> <b>38 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press	<b>29</b> <b>40 Reps</b> R Lat Lunge w/L Arm Lat Raise L Lat Lunge w/R Arm Lat Raise Plie' Squat w/Fr Raise	<b>30</b> <b>40 Reps</b> R Leg Deadlift w/L Arm Row L Leg Deadlift w/R Arm Row Alt Back Lunge w/Shoulder Press

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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.