



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNE 2026 TOTAL BODY CHALLENGE</b>						
	<b>1</b> 5 Ankle Hugs 5 Dead Bug 5 Cross Leg Reach Up 5 Base Side to Side	<b>2</b> 5 Bicep Curls 5 Tricep Extensions 5 Shoulder Press 5 Defensive Slides	<b>3</b> 5 Leg Extensions 5 Suitcase Squat 5 Deadlift 5 Mummy Kicks	<b>4</b> 8 Ankle Hugs 8 Dead Bug 8 Cross Leg Reach Up. 8 Base Side to Side	<b>5</b> 8 Bicep Curls 8 Tricep Extensions 8 Shoulder Press 8 Defensive Slides	<b>6</b> 8 Leg Extensions 8 Suitcase Squat 8 Deadlift 8 Mummy Kicks
<b>7</b> <b>REST DAY</b>	<b>8</b> 10 Ankle Hugs 10 Dead Bug 10 Cross Leg Reach Up 10 Base Side to Side	<b>9</b> 10 Bicep Curls 10 Tricep Extensions 10 Shoulder Press 10 Defensive Slides	<b>10</b> 10 Leg Extensions 10 Suitcase Squat 10 Deadlift 10 Mummy Kicks	<b>11</b> 12 Ankle Hugs 12 Dead Bug 12 Cross Leg Reach Up. 12 Base Side to Side	<b>12</b> 12 Bicep Curls 12 Tricep Extensions 12 Shoulder Press 12 Defensive Slides	<b>13</b> 12 Leg Extensions 12 Suitcase Squat 12 Deadlift 12 Mummy Kicks
<b>14</b> <b>REST DAY</b>	<b>15</b> 15 Ankle Hugs 15 Dead Bug 15 Cross Leg Reach Up 15 Base Side to Side	<b>16</b> 15 Bicep Curls 15 Tricep Extensions 15 Shoulder Press 15 Defensive Slides	<b>17</b> 15 Leg Extensions 15 Suitcase Squat 15 Deadlift 15 Mummy Kicks	<b>18</b> 18 Ankle Hugs 18 Dead Bug 18 Cross Leg Reach Up. 18 Base Side to Side	<b>19</b> 18 Bicep Curls 18 Tricep Extensions 18 Shoulder Press 18 Defensive Slides	<b>20</b> 18 Leg Extensions 18 Suitcase Squat 18 Deadlift 18 Mummy Kicks
<b>21</b> <b>REST DAY</b>	<b>22</b> 20 Ankle Hugs 20 Dead Bug 20 Cross Leg Reach Up 20 Base Side to Side	<b>23</b> 20 Bicep Curls 20 Tricep Extensions 20 Shoulder Press 20 Defensive Slides	<b>24</b> 20 Leg Extensions 20 Suitcase Squat 20 Deadlift 20 Mummy Kicks	<b>25</b> 22 Ankle Hugs 22 Dead Bug 22 Cross Leg Reach Up. 22 Base Side to Side	<b>26</b> 22 Bicep Curls 22 Tricep Extensions 22 Shoulder Press 22 Defensive Slides	<b>27</b> 22 Leg Extensions 22 Suitcase Squat 22 Deadlift 22 Mummy Kicks
<b>28</b> <b>REST DAY</b>	<b>29</b> 25 Ankle Hugs 25 Dead Bug 25 Cross Leg Reach Up 25 Base Side to Side	<b>30</b> 25 Bicep Curls 25 Tricep Extensions 25 Shoulder Press 25 Defensive Slides				

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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.