

The CaShleigh 30-Day Challenge

Get Stronger. Move Better.

D = Dips (or Push-ups, but stick w/ your pick)

SS = Split Squats (reps are per side)

HD = Hip Dips (reps are per side)

LL = Leg Lifts

WS = Wall Sit

M10 in 10 (see 10 stretches on page 2)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dx20, SSx24, HDx8, x20, LLx20, WS 15sec	M10 in 10	Dx27, SSx30, HDx10, LLx24, WS 22sec	M10 in 10	Dx35, SSx36, HDx12, LLx28, WS 30sec & M10 in 10	REST	Dx42, SSx42, HDx15, LLx32, WS 37sec
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
M10 in 10	Dx49, SSx48, HDx16, LLx36, WS 42sec	M10 in 10	Dx56, SSx54, HDx18, LLx40, WS 50sec & M10 in 10	REST	Dx63, SSx60, HDx21, LLx44, WS 57sec	M10 in 10
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Dx70, SSx66, HDx 24, LLx48, WS 64sec	M10 in 10	Dx77, SSx72, HDx26, LLx52, WS 70sec & M10 in 10	REST	Dx85, SSx78, HDx29, LLx56, WS 76sec	M10 in 10	Dx92, SSx86, HDx32, LLx60, WS 84sec
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
M10 in 10	Dx99, SSx94, HDx34, LLx65, WS 90sec & M10 in 10	REST	Dx106, SSx96, HDx36, LLx70, WS 98sec	M10 in 10	Dx113, SSx108, HDx38, LLx75, WS 105sec	M10 in 10
Day 29	Day 30	M10 in 10 → Before/After Benchmark Testing. <i>(see page 2 for instructions)</i>	Meas 1: Quads	Meas 2: Hamstrings	Meas 3: Hips	Meas 4: Shoulders
Dx120, SSx120, HDx40, LLx80, WS 120sec	M10 in 10 & Retest Mobility After!!		Day 0: Day 15: Day 30:	Day 0: Day 15: Day 30:	Day 0: Day 15: Day 30:	Day 0: Day 15: Day 30:

▶ **PLACE A GIANT RED X OVER EACH DAY YOU FINISH**

▶ **Take Front, Side & Back Pics Day 0 & Day 30. Post those before & afters with #CASHLEIGHS30DAY**

▶ **Optional but nice adds – See Tracker on page 3**

» Hydration Challenge – Minimum ½ your body weight in ounces

» Nutrition Challenge – Pick any nutrition challenge & complete it. Maybe it's as simple as “Eat Breakfast” or “No Alcohol”

MOVE 10 IN 10

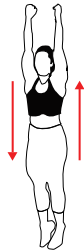
10 STRETCHES IN 10 MINS/DAY



COUCH STRETCH – 60s/leg.



HAMSTRING – 60s hold.



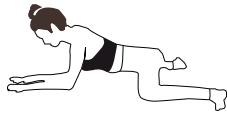
ASSISTED HANG
or **DOOR LAT STRETCH**
– 30s to 60s.



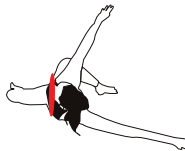
WRIST FLEXORS
– 5 reps forward and back.



INCLINE CALF/HAMSTRING
– 30s hold/leg.



FROG – 60s hold.



PRONE CHEST
– 30-60s/arm.



SEAL
– 30s hold.



SUPINE TWIST.
– 30s hold/side.



ARM ACROSS (back of the shoulder) – 30s/shoulder.
OPTIONAL Gomukhasana (Cow Face Pose) legs to do at the same time as the Arm Cross



SWEAT STRENGTH EXERCISES

SEE A DEMO:

- ▶ [Tricep Dips](#)
- ▶ [Split Squats](#)
- ▶ [Side Plank Hip Dip](#)
- ▶ [Leg Lifts](#)
- ▶ [Wall Sit](#)

M10 IN 10

Benchmark Before/After Testing:

1. **Quad** – Distance your knee is from your couch (or whatever you're using to elevate your foot)
2. **Forward Fold** – Distance your elbows are from the ground
3. **Frog** – Distance your crotch is from the ground

See a Demo:

1. [Couch Stretch](#)
2. [Hamstring Forward Fold](#)
3. [Assisted Hang](#) or [Lat Release](#) (use a door handle at home)
4. [Wrist Flexor](#)
5. [Hamstring](#) (note, hands may not touch the ground. That's ok!)
6. [Frog](#)
7. [Prone Chest](#) or [Prone Chest Advanced](#)
8. [Seal Stretch](#)
9. [Supine Twist](#)
10. [Arm Cross](#) (optional Cow Legs. Totally fine to just do the arms.)

NUTRITION & HYDRATION TRACKER

HYDRATION CHALLENGE – Minimum ½ your body weight in ounces

NUTRITION CHALLENGE – Pick any nutrition challenge & complete it. Maybe it's as simple as "Eat Breakfast" or "No Alcohol"

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
N: H:	N: H:	N: H:	N: H:	N: H:	N: H:	N: H:
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
N: H:	N: H:	N: H:	N: H:	N: H:	N: H:	N: H:
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
N: H:	N: H:	N: H:	N: H:	N: H:	N: H:	N: H:
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
N: H:	N: H:	N: H:	N: H:	N: H:	N: H:	N: H:
Day 29	Day 30					
N: H:	N: H:					

▶ **GOAL OUNCES OF WATER PER DAY:**

▶ **NUTRITION GOAL:**

EACH DAY PLACE A RED **X** BY EACH CHALLENGE YOU FINISH FOR HYDRATION AND/OR NUTRITION