

legs *of* steel



— 30-DAY CHALLENGE —

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1 22 lunges 3 sets 30sec rest	2 12 side lunges 3 sets 30sec rest	3 22 lunges 3 sets 30sec rest	4 12 side lunges 3 sets 30sec rest	5 22 lunges 3 sets 30sec rest
6 12 side lunges 3 sets 30sec rest	7 24 lunges 3 sets 30sec rest	8 14 side lunges 3 sets 30sec rest	9 24 lunges 3 sets 30sec rest	10 14 side lunges 3 sets 30sec rest
11 24 lunges 3 sets 30sec rest	12 14 side lunges 3 sets 30sec rest	13 26 lunges 3 sets 30sec rest	14 16 side lunges 3 sets 30sec rest	15 26 lunges 3 sets 30sec rest
16 16 side lunges 3 sets 30sec rest	17 26 lunges 3 sets 30sec rest	18 16 side lunges 3 sets 30sec rest	19 28 lunges 3 sets 30sec rest	20 18 side lunges 3 sets 30sec rest
21 28 lunges 3 sets 30sec rest	22 18 side lunges 3 sets 30sec rest	23 28 lunges 3 sets 30sec rest	24 18 side lunges 3 sets 30sec rest	25 30 lunges 3 sets 30sec rest
26 20 side lunges 3 sets 30sec rest	27 30 lunges 3 sets 30sec rest	28 20 side lunges 3 sets 30sec rest	29 30 lunges 3 sets 30sec rest	30 20 side lunges 3 sets 30sec rest