

30 DAY

LUNGES

30 DAY CHALLENGE

DAY 1	10 LUNGES	DAY 2	15 LUNGES	DAY 3	15 LUNGES	DAY 4	20 LUNGES	DAY 5	20 LUNGES
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DAY 6	REST DAY	DAY 7	20 LUNGES	DAY 8	25 LUNGES	DAY 9	25 LUNGES	DAY 10	30 LUNGES
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DAY 11	30 LUNGES	DAY 12	REST DAY	DAY 13	35 LUNGES	DAY 14	35 LUNGES	DAY 15	40 LUNGES
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DAY 16	40 LUNGES	DAY 17	45 LUNGES	DAY 18	REST DAY	DAY 19	45 LUNGES	DAY 20	45 LUNGES
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DAY 21	50 LUNGES	DAY 22	50 LUNGES	DAY 23	50 LUNGES	DAY 24	REST DAY	DAY 25	55 LUNGES
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DAY 26	55 LUNGES	DAY 27	60 LUNGES	DAY 28	REST DAY	DAY 29	65 LUNGES	DAY 30	70 LUNGES
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