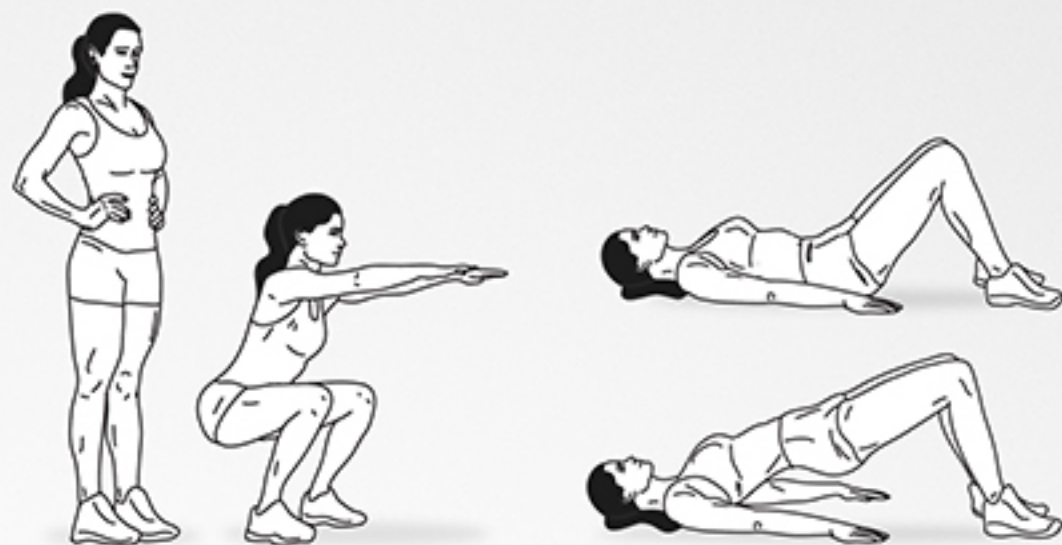


EPIC GLUTES



— 30-DAY CHALLENGE —

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1	26 bridges 10-count hold 4 sets 30sec rest	2	26 squats 10-count hold 4 sets 30sec rest	3	26 bridges 10-count hold 4 sets 30sec rest	4	26 squats 10-count hold 4 sets 30sec rest	5	28 bridges 10-count hold 4 sets 30sec rest
6	28 squats 10-count hold 4 sets 30sec rest	7	28 bridges 10-count hold 4 sets 30sec rest	8	28 squats 10-count hold 4 sets 30sec rest	9	30 bridges 10-count hold 4 sets 30sec rest	10	30 squats 10-count hold 4 sets 30sec rest
11	30 bridges 10-count hold 4 sets 30sec rest	12	30 squats 10-count hold 4 sets 30sec rest	13	32 bridges 10-count hold 4 sets 30sec rest	14	32 squats 10-count hold 4 sets 30sec rest	15	32 bridges 10-count hold 4 sets 30sec rest
16	32 squats 10-count hold 4 sets 30sec rest	17	34 bridges 10-count hold 4 sets 30sec rest	18	34 squats 10-count hold 4 sets 30sec rest	19	34 bridges 10-count hold 4 sets 30sec rest	20	34 squats 10-count hold 4 sets 30sec rest
21	36 bridges 10-count hold 4 sets 30sec rest	22	36 squats 10-count hold 4 sets 30sec rest	23	36 bridges 10-count hold 4 sets 30sec rest	24	36 squats 10-count hold 4 sets 30sec rest	25	38 bridges 10-count hold 4 sets 30sec rest
26	38 squats 10-count hold 4 sets 30sec rest	27	38 bridges 10-count hold 4 sets 30sec rest	28	38 squats 10-count hold 4 sets 30sec rest	29	40 bridges 10-count hold 4 sets 30sec rest	30	40 squats 10-count hold 4 sets 30sec rest