

LOWER BODY BLAST

— 30-DAY CHALLENGE —



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1 16 split lunges 3 sets 30sec rest	2 10 calf raises 10-count hold 3 sets non-stop	3 16 split lunges 3 sets 30sec rest	4 10 calf raises 10-count hold 3 sets non-stop	5 18 split lunges 3 sets 30sec rest
6 10 calf raises 10-count hold 3 sets non-stop	7 18 split lunges 3 sets 30sec rest	8 10 calf raises 10-count hold 3 sets non-stop	9 20 split lunges 3 sets 30sec rest	10 10 calf raises 10-count hold 3 sets non-stop
11 20 split lunges 3 sets 30sec rest	12 10 calf raises 10-count hold 3 sets non-stop	13 22 split lunges 3 sets 30sec rest	14 10 calf raises 10-count hold 3 sets non-stop	15 22 split lunges 3 sets 30sec rest
16 10 calf raises 10-count hold 3 sets non-stop	17 24 split lunges 3 sets 30sec rest	18 10 calf raises 10-count hold 3 sets non-stop	19 24 split lunges 3 sets 30sec rest	20 10 calf raises 10-count hold 3 sets non-stop
21 26 split lunges 3 sets 30sec rest	22 10 calf raises 10-count hold 3 sets non-stop	23 26 split lunges 3 sets 30sec rest	24 10 calf raises 10-count hold 3 sets non-stop	25 28 split lunges 3 sets 30sec rest
26 10 calf raises 10-count hold 3 sets non-stop	27 28 split lunges 3 sets 30sec rest	28 10 calf raises 10-count hold 3 sets non-stop	29 30 split lunges 3 sets 30sec rest	30 10 calf raises 10-count hold 3 sets non-stop