

# LEG DAY EVERYDAY



30-DAY CHALLENGE Split total time into manageable sets. @ darebee.com

1 60 seconds lunges	2 12 calf raises 3 sets   30sec rest	3 60 seconds lunges	4 12 calf raises 3 sets   30sec rest	5 60 seconds lunges
6 12 calf raises 3 sets   30sec rest	7 60 seconds lunges	8 14 calf raises 3 sets   30sec rest	9 60 seconds lunges	10 14 calf raises 3 sets   30sec rest
11 60 seconds lunges	12 14 calf raises 3 sets   30sec rest	13 60 seconds lunges	14 16 calf raises 3 sets   30sec rest	15 60 seconds lunges
16 16 calf raises 3 sets   30sec rest	17 60 seconds lunges	18 16 calf raises 3 sets   30sec rest	19 60 seconds lunges	20 18 calf raises 3 sets   30sec rest
21 60 seconds lunges	22 18 calf raises 3 sets   30sec rest	23 60 seconds lunges	24 18 calf raises 3 sets   30sec rest	25 60 seconds lunges
26 20 calf raises 3 sets   30sec rest	27 60 seconds lunges	28 20 calf raises 3 sets   30sec rest	29 60 seconds lunges	30 20 calf raises 3 sets   30sec rest