

better legs



30-DAY CHALLENGE

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1 22 back leg raises 3 sets 30sec rest	2 22 side leg raises 3 sets 30sec rest	3 24 back leg raises 3 sets 30sec rest	4 24 side leg raises 3 sets 30sec rest	5 26 back leg raises 3 sets 30sec rest
6 26 side leg raises 3 sets 30sec rest	7 28 back leg raises 3 sets 30sec rest	8 28 side leg raises 3 sets 30sec rest	9 30 back leg raises 3 sets 30sec rest	10 30 side leg raises 3 sets 30sec rest
11 32 back leg raises 3 sets 30sec rest	12 32 side leg raises 3 sets 30sec rest	13 34 back leg raises 3 sets 30sec rest	14 34 side leg raises 3 sets 30sec rest	15 36 back leg raises 3 sets 30sec rest
16 36 side leg raises 3 sets 30sec rest	17 38 back leg raises 3 sets 30sec rest	18 38 side leg raises 3 sets 30sec rest	19 40 back leg raises 3 sets 30sec rest	20 40 side leg raises 3 sets 30sec rest
21 42 back leg raises 3 sets 30sec rest	22 42 side leg raises 3 sets 30sec rest	23 44 back leg raises 3 sets 30sec rest	24 44 side leg raises 3 sets 30sec rest	25 46 back leg raises 3 sets 30sec rest
26 46 side leg raises 3 sets 30sec rest	27 48 back leg raises 3 sets 30sec rest	28 48 side leg raises 3 sets 30sec rest	29 50 back leg raises 3 sets 30sec rest	30 50 side leg raises 3 sets 30sec rest