

flexibility



— 30-DAY CHALLENGE —

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1 40 side lunges 30sec side splits in total	2 40 side lunges 35sec side splits in total	3 40 side lunges 40sec side splits in total	4 10 bridges 3 sets 30sec rest	5 60 side lunges 45sec side splits in total
6 60 side lunges 50sec side splits in total	7 60 side lunges 55sec side splits in total	8 10 bridges 4 sets 30sec rest	9 80 side lunges 1min side splits in total	10 80 side lunges 1m10sec side splits in total
11 80 side lunges 1min20sec side splits in total	12 10 bridges 5 sets 30sec rest	13 100 side lunges 1min30sec side splits in total	14 100 side lunges 1min40sec side splits in total	15 100 side lunges 2min side splits in total
16 20 bridges 3 sets 30sec rest	17 120 side lunges 2min10sec side splits in total	18 120 side lunges 2min20sec side splits in total	19 120 side lunges 2min30sec side splits in total	20 20 bridges 4 sets 30sec rest
21 140 side lunges 2min40sec side splits in total	22 140 side lunges 2min50sec side splits in total	23 140 side lunges 3min side splits in total	24 20 bridges 5 sets 30sec rest	25 160 side lunges 3min10sec side splits in total
26 160 side lunges 3min20sec side splits in total	27 160 side lunges 3min40sec side splits in total	28 25 bridges 4 sets 30sec rest	29 180 side lunges 3min40sec side splits in total	30 200 side lunges 4min side splits in total