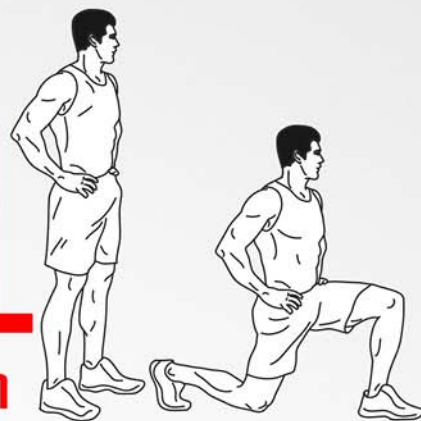


IRON

30-day challenge

WILL

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1 30 lunges	2 60 lunges	3 30 lunges	4 70 lunges	5 30 lunges
6 80 lunges	7 30 lunges	8 90 lunges	9 30 lunges	10 100 lunges
11 30 lunges	12 110 lunges	13 30 lunges	14 120 lunges	15 30 lunges
16 130 lunges	17 30 lunges	18 140 lunges	19 30 lunges	20 150 lunges
21 30 lunges	22 160 lunges	23 30 lunges	24 170 lunges	25 30 lunges
26 180 lunges	27 30 lunges	28 190 lunges	29 30 lunges	30 200 lunges