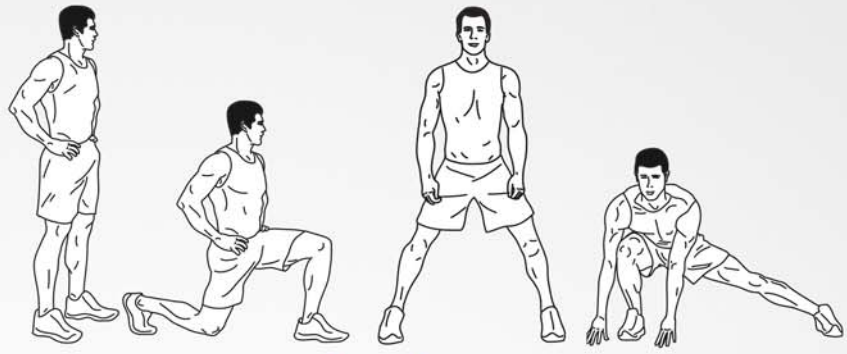


legs of steel



30-DAY CHALLENGE

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