

30 DAY CHALLENGE

LUNGE

DAY 1 20 LUNGES

DAY 2 25 LUNGES

DAY 3 30 LUNGES

DAY 4 35 LUNGES

DAY 5 40 LUNGES

DAY 6 45 LUNGES

DAY 7 50 LUNGES

DAY 8 REST DAY

DAY 9 55 LUNGES

DAY 10 60 LUNGES

DAY 11 65 LUNGES

DAY 12 70 LUNGES

DAY 13 75 LUNGES

DAY 14 80 LUNGES

DAY 15 85 LUNGES

DAY 16 REST DAY

DAY 17 90 LUNGES

DAY 18 95 LUNGES

DAY 19 100 LUNGES

DAY 20 105 LUNGES

DAY 21 110 LUNGES

DAY 22 115 LUNGES

DAY 23 120 LUNGES

DAY 24 REST DAY

DAY 25 125 LUNGES

DAY 26 130 LUNGES

DAY 27 135 LUNGES

DAY 28 140 LUNGES

DAY 29 145 LUNGES

DAY 30 150 LUNGES