



BUTT AND GUT CHALLENGE

1
10 Squats
10 Crunches
X2

2
10 Lunges
30 Sec Plank
X2

3
10 Squats
15 Crunches
X2

4
10 Lunges
35 Sec Plank
X2

5
REST

6
15 Squats
15 Crunches
X2

7
15 Lunges
40 Sec Plank
X2

8
20 Squats
20 Crunches
X2

9
15 Lunges
45 Sec Plank
X2

10
REST

11
20 Squats
25 Crunches

12
20 Lunges
50 Sec Plank

13
25 Squats
25 Crunches

14
20 Lunges
55 Sec Plank

15
30 Squats
30 Crunches

16
25 Lunges
60 Sec Plank

17
REST

18
30 Squats
35 Crunches

19
25 Lunges
65 Sec Plank

20
35 Squats
35 Crunches

21
30 Lunges
70 Sec Plank

22
40 Squats
40 Crunches

23
30 Lunges
75 Sec Plank

24
REST

25
40 Squats
45 Crunches

26
35 Lunges
80 Sec Plank

27
45 Squats
45 Crunches

28
35 Lunges
85 Sec Plank

29
50 Squats
50 Crunches

30
40 Lunges
90 Sec Plank

31
50 Squats
50 Crunches
50 Lunges
90 Sec Plank