



30 Day Challenge

Level 1 / Beginner

Day 1	Day 2	Day 3	Day 4	Day 5
10 Air Squats 8 Air Squats 6 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	13 Air Squats 10 Air Squats 8 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	15 Air Squats 12 Air Squats 9 Air Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	18 Air Squats 14 Air Squats 11 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	20 Air Squats 16 Air Squats 12 Air Squats
Day 11	Day 12	Day 13	Day 14	Day 15
Garland Pose Pigeon Pose Low Lunge Pose	23 Air Squats 18 Air Squats 14 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	25 Air Squats 20 Air Squats 15 Air Squats
Day 16	Day 17	Day 18	Day 19	Day 20
Garland Pose Pigeon Pose Low Lunge Pose	28 Air Squats 22 Air Squats 17 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	30 Air Squats 24 Air Squats 18 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	33 Air Squats 26 Air Squats 20 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	35 Air Squats 28 Air Squats 21 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
38 Air Squats 30 Air Squats 23 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	40 Air Squats 32 Air Squats 24 Air Squats	50 Air Squats

