



30 Day Challenge

Level 2 / Novice

Day 1	Day 2	Day 3	Day 4	Day 5
15 Air Squats 12 Air Squats 9 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	19 Air Squats 15 Air Squats 12 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	23 Air Squats 18 Air Squats 14 Air Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	27 Air Squats 21 Air Squats 16 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	30 Air Squats 24 Air Squats 18 Air Squats
Day 11	Day 12	Day 13	Day 14	Day 15
Garland Pose Pigeon Pose Low Lunge Pose	34 Air Squats 27 Air Squats 21 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	38 Air Squats 30 Air Squats 23 Air Squats
Day 16	Day 17	Day 18	Day 19	Day 20
Garland Pose Pigeon Pose Low Lunge Pose	42 Air Squats 33 Air Squats 25 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	45 Air Squats 36 Air Squats 27 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	49 Air Squats 39 Air Squats 30 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	53 Air Squats 42 Air Squats 32 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
57 Air Squats 45 Air Squats 34 Air Squats	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	60 Air Squats 48 Air Squats 36 Air Squats	75 Air Squats

