



30 Day Challenge

Level 3 / Advanced

Day 1	Day 2	Day 3	Day 4	Day 5
20 Jump Squat 16 Jump Squat 12 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	25 Jump Squat 20 Jump Squat 15 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	30 Jump Squat 24 Jump Squat 18 Jump Squat
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	35 Jump Squat 28 Jump Squat 21 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	40 Jump Squat 32 Jump Squat 24 Jump Squat
Day 11	Day 12	Day 13	Day 14	Day 15
Garland Pose Pigeon Pose Low Lunge Pose	45 Jump Squat 36 Jump Squat 27 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	50 Jump Squat 40 Jump Squat 30 Jump Squat
Day 16	Day 17	Day 18	Day 19	Day 20
Garland Pose Pigeon Pose Low Lunge Pose	55 Jump Squat 44 Jump Squat 33 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	60 Jump Squat 48 Jump Squat 36 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	65 Jump Squat 52 Jump Squat 39 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	70 Jump Squat 56 Jump Squat 42 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
75 Jump Squat 60 Jump Squat 45 Jump Squat	Garland Pose Pigeon Pose Low Lunge Pose	Rest Day	80 Jump Squat 64 Jump Squat 48 Jump Squat	100 Jump Squat

