



30 Day Challenge

Level 4A / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
4 Bulgarian Split Squats 4 Bulgarian Split Squats 3 Bulgarian Split Squats	5 Bulgarian Split Squats 4 Bulgarian Split Squats 3 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	5 Bulgarian Split Squats 4 Bulgarian Split Squats 3 Bulgarian Split Squats	6 Bulgarian Split Squats 5 Bulgarian Split Squats 4 Bulgarian Split Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	7 Bulgarian Split Squats 5 Bulgarian Split Squats 4 Bulgarian Split Squats	7 Bulgarian Split Squats 6 Bulgarian Split Squats 5 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	8 Bulgarian Split Squats 7 Bulgarian Split Squats 5 Bulgarian Split Squats
Day 11	Day 12	Day 13	Day 14	Day 15
9 Bulgarian Split Squats 7 Bulgarian Split Squats 6 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	10 Bulgarian Split Squats 8 Bulgarian Split Squats 6 Bulgarian Split Squats	10 Bulgarian Split Squats 8 Bulgarian Split Squats 7 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 16	Day 17	Day 18	Day 19	Day 20
11 Bulgarian Split Squats 9 Bulgarian Split Squats 7 Bulgarian Split Squats	12 Bulgarian Split Squats 10 Bulgarian Split Squats 7 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	13 Bulgarian Split Squats 10 Bulgarian Split Squats 8 Bulgarian Split Squats	13 Bulgarian Split Squats 11 Bulgarian Split Squats 8 Bulgarian Split Squats
Day 21	Day 22	Day 23	Day 24	Day 25
Garland Pose Pigeon Pose Low Lunge Pose	14 Bulgarian Split Squats 11 Bulgarian Split Squats 9 Bulgarian Split Squats	15 Bulgarian Split Squats 12 Bulgarian Split Squats 9 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	16 Bulgarian Split Squats 13 Bulgarian Split Squats 10 Bulgarian Split Squats
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
16 Bulgarian Split Squats 13 Bulgarian Split Squats 10 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	16 Bulgarian Split Squats 14 Bulgarian Split Squats 11 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	20 Bulgarian Split Squats

