



30 Day Challenge

Level 4B / EXPERT

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

