



30 Day Challenge

Level 4C / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
10 Bulgarian Split Squats 8 Bulgarian Split Squats 6 Bulgarian Split Squats	12 Bulgarian Split Squats 10 Bulgarian Split Squats 7 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	12 Bulgarian Split Squats 10 Bulgarian Split Squats 7 Bulgarian Split Squats	14 Bulgarian Split Squats 11 Bulgarian Split Squats 9 Bulgarian Split Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	16 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	20 Bulgarian Split Squats 16 Bulgarian Split Squats 12 Bulgarian Split Squats
Day 11	Day 12	Day 13	Day 14	Day 15
22 Bulgarian Split Squats 17 Bulgarian Split Squats 13 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	23 Bulgarian Split Squats 19 Bulgarian Split Squats 14 Bulgarian Split Squats	25 Bulgarian Split Squats 20 Bulgarian Split Squats 16 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 16	Day 17	Day 18	Day 19	Day 20
27 Bulgarian Split Squats 22 Bulgarian Split Squats 17 Bulgarian Split Squats	29 Bulgarian Split Squats 23 Bulgarian Split Squats 18 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	31 Bulgarian Split Squats 25 Bulgarian Split Squats 19 Bulgarian Split Squats	33 Bulgarian Split Squats 26 Bulgarian Split Squats 20 Bulgarian Split Squats
Day 21	Day 22	Day 23	Day 24	Day 25
Garland Pose Pigeon Pose Low Lunge Pose	35 Bulgarian Split Squats 28 Bulgarian Split Squats 21 Bulgarian Split Squats	37 Bulgarian Split Squats 29 Bulgarian Split Squats 23 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	38 Bulgarian Split Squats 31 Bulgarian Split Squats 24 Bulgarian Split Squats
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
39 Bulgarian Split Squats 32 Bulgarian Split Squats 25 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	40 Bulgarian Split Squats 34 Bulgarian Split Squats 26 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	50 Bulgarian Split Squats

