



30 Day Challenge

Level 5B / PRO

Day 1	Day 2	Day 3	Day 4	Day 5
16 Bulgarian Split Squats 13 Bulgarian Split Squats 10 Bulgarian Split Squats	20 Bulgarian Split Squats 16 Bulgarian Split Squats 12 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	20 Bulgarian Split Squats 16 Bulgarian Split Squats 12 Bulgarian Split Squats	23 Bulgarian Split Squats 18 Bulgarian Split Squats 14 Bulgarian Split Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	25 Bulgarian Split Squats 20 Bulgarian Split Squats 16 Bulgarian Split Squats	28 Bulgarian Split Squats 23 Bulgarian Split Squats 17 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	32 Bulgarian Split Squats 25 Bulgarian Split Squats 20 Bulgarian Split Squats
Day 11	Day 12	Day 13	Day 14	Day 15
35 Bulgarian Split Squats 28 Bulgarian Split Squats 21 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	37 Bulgarian Split Squats 30 Bulgarian Split Squats 23 Bulgarian Split Squats	40 Bulgarian Split Squats 32 Bulgarian Split Squats 25 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 16	Day 17	Day 18	Day 19	Day 20
44 Bulgarian Split Squats 35 Bulgarian Split Squats 27 Bulgarian Split Squats	47 Bulgarian Split Squats 37 Bulgarian Split Squats 28 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	49 Bulgarian Split Squats 40 Bulgarian Split Squats 31 Bulgarian Split Squats	52 Bulgarian Split Squats 42 Bulgarian Split Squats 32 Bulgarian Split Squats
Day 21	Day 22	Day 23	Day 24	Day 25
Garland Pose Pigeon Pose Low Lunge Pose	56 Bulgarian Split Squats 44 Bulgarian Split Squats 34 Bulgarian Split Squats	59 Bulgarian Split Squats 47 Bulgarian Split Squats 36 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	61 Bulgarian Split Squats 49 Bulgarian Split Squats 38 Bulgarian Split Squats
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
63 Bulgarian Split Squats 52 Bulgarian Split Squats 40 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	64 Bulgarian Split Squats 54 Bulgarian Split Squats 42 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	80 Bulgarian Split Squats

