



30 Day Challenge

Level 5C / PRO

Day 1	Day 2	Day 3	Day 4	Day 5
20 Bulgarian Split Squats 16 Bulgarian Split Squats 12 Bulgarian Split Squats	24 Bulgarian Split Squats 19 Bulgarian Split Squats 14 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	24 Bulgarian Split Squats 19 Bulgarian Split Squats 14 Bulgarian Split Squats	28 Bulgarian Split Squats 22 Bulgarian Split Squats 17 Bulgarian Split Squats
Day 6	Day 7	Day 8	Day 9	Day 10
Garland Pose Pigeon Pose Low Lunge Pose	31 Bulgarian Split Squats 25 Bulgarian Split Squats 19 Bulgarian Split Squats	35 Bulgarian Split Squats 28 Bulgarian Split Squats 21 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	39 Bulgarian Split Squats 31 Bulgarian Split Squats 24 Bulgarian Split Squats
Day 11	Day 12	Day 13	Day 14	Day 15
43 Bulgarian Split Squats 34 Bulgarian Split Squats 26 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	46 Bulgarian Split Squats 37 Bulgarian Split Squats 28 Bulgarian Split Squats	50 Bulgarian Split Squats 40 Bulgarian Split Squats 31 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose
Day 16	Day 17	Day 18	Day 19	Day 20
54 Bulgarian Split Squats 43 Bulgarian Split Squats 33 Bulgarian Split Squats	58 Bulgarian Split Squats 46 Bulgarian Split Squats 35 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	61 Bulgarian Split Squats 49 Bulgarian Split Squats 38 Bulgarian Split Squats	65 Bulgarian Split Squats 52 Bulgarian Split Squats 40 Bulgarian Split Squats
Day 21	Day 22	Day 23	Day 24	Day 25
Garland Pose Pigeon Pose Low Lunge Pose	69 Bulgarian Split Squats 55 Bulgarian Split Squats 42 Bulgarian Split Squats	73 Bulgarian Split Squats 58 Bulgarian Split Squats 45 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	76 Bulgarian Split Squats 61 Bulgarian Split Squats 47 Bulgarian Split Squats
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
78 Bulgarian Split Squats 64 Bulgarian Split Squats 49 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	80 Bulgarian Split Squats 67 Bulgarian Split Squats 52 Bulgarian Split Squats	Garland Pose Pigeon Pose Low Lunge Pose	100 Bulgarian Split Squats

