



30-DAY *leg* CHALLENGE

LEGS FOR DAYS

- | | | | | | |
|--------------------------|---------------|---|--------------------------|---------------|---|
| <input type="checkbox"/> | DAY 1 | 6 squats, 6 lunges, 6 calf raises | <input type="checkbox"/> | DAY 16 | 12 jump squats, 12 lunges, 12 calf raises |
| <input type="checkbox"/> | DAY 2 | 6 squats, 6 lunges, 6 calf raises | <input type="checkbox"/> | DAY 17 | 12 jump squats, 12 lunges, 12 calf raises |
| <input type="checkbox"/> | DAY 3 | 8 squats, 8 lunges, 8 calf raises | <input type="checkbox"/> | DAY 18 | 14 jump squats, 14 lunges, 14 calf raises |
| <input type="checkbox"/> | DAY 4 | 8 squats, 8 lunges, 8 calf raises | <input type="checkbox"/> | DAY 19 | 14 jump squats, 14 lunges, 14 calf raises |
| <input type="checkbox"/> | DAY 5 | REST DAY | <input type="checkbox"/> | DAY 20 | REST DAY |
| <input type="checkbox"/> | DAY 6 | 10 squats, 10 lunges, 10 calf raises | <input type="checkbox"/> | DAY 21 | 10 jump squats, 10 lunge switches, 10 calf raises |
| <input type="checkbox"/> | DAY 7 | 10 squats, 10 lunges, 10 calf raises | <input type="checkbox"/> | DAY 22 | 10 jump squats, 10 lunge switches, 10 calf raises |
| <input type="checkbox"/> | DAY 8 | 12 squats, 12 lunges, 12 calf raises | <input type="checkbox"/> | DAY 23 | 12 jump squats, 12 lunge switches, 12 calf raises |
| <input type="checkbox"/> | DAY 9 | 12 squats, 12 lunges, 12 calf raises | <input type="checkbox"/> | DAY 24 | 12 jump squats, 12 lunge switches, 12 calf raises |
| <input type="checkbox"/> | DAY 10 | REST DAY | <input type="checkbox"/> | DAY 25 | REST DAY |
| <input type="checkbox"/> | DAY 11 | 8 jump squats, 8 lunges, 8 calf raises | <input type="checkbox"/> | DAY 26 | 14 jump squats, 14 lunge switches, 14 calf raises |
| <input type="checkbox"/> | DAY 12 | 8 jump squats, 8 lunges, 8 calf raises | <input type="checkbox"/> | DAY 27 | 14 jump squats, 14 lunge switches, 14 calf raises |
| <input type="checkbox"/> | DAY 13 | 10 jump squats, 10 lunges, 10 calf raises | <input type="checkbox"/> | DAY 28 | 16 jump squats, 16 lunge switches, 16 calf raises |
| <input type="checkbox"/> | DAY 14 | 10 jump squats, 10 lunges, 10 calf raises | <input type="checkbox"/> | DAY 29 | 16 jump squats, 16 lunge switches, 16 calf raises |
| <input type="checkbox"/> | DAY 15 | REST DAY | <input type="checkbox"/> | DAY 30 | 20 jump squats, 20 lunge switches, 20 calf raises |