



August 28

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Edit

30 DAY LEG RAISE CHALLENGE

DAY 1	20	LEG RAISES	DAY 16	95	LEG RAISES
DAY 2	25	LEG RAISES	DAY 17	100	LEG RAISES
DAY 3	30	LEG RAISES	DAY 18	105	LEG RAISES
DAY 4	35	LEG RAISES	DAY 19	110	LEG RAISES
DAY 5		REST	DAY 20		REST
DAY 6	45	LEG RAISES	DAY 21	120	LEG RAISES
DAY 7	50	LEG RAISES	DAY 22	125	LEG RAISES
DAY 8	55	LEG RAISES	DAY 23	130	LEG RAISES
DAY 9	60	LEG RAISES	DAY 24	135	LEG RAISES
DAY 10		REST	DAY 25		REST
DAY 11	70	LEG RAISES	DAY 26	145	LEG RAISES
DAY 12	75	LEG RAISES	DAY 27	150	LEG RAISES
DAY 13	80	LEG RAISES	DAY 28	165	LEG RAISES
DAY 14	85	LEG RAISES	DAY 29	170	LEG RAISES
DAY 15		REST	DAY 30	∞	LEG RAISES

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