

glutes of steel

— 30-DAY CHALLENGE —



© darebee.com

1 12 bridges 3 sets 30sec rest	2 40 leg extensions in total	3 12 bridges 3 sets 30sec rest	4 40 leg extensions in total	5 14 bridges 3 sets 30sec rest
6 50 leg extensions in total	7 14 bridges 3 sets 30sec rest	8 50 leg extensions in total	9 16 bridges 3 sets 30sec rest	10 60 leg extensions in total
11 16 bridges 3 sets 30sec rest	12 60 leg extensions in total	13 18 bridges 3 sets 30sec rest	14 70 leg extensions in total	15 18 bridges 3 sets 30sec rest
16 70 leg extensions in total	17 20 bridges 3 sets 30sec rest	18 80 leg extensions in total	19 20 bridges 3 sets 30sec rest	20 80 leg extensions in total
21 22 bridges 3 sets 30sec rest	22 90 leg extensions in total	23 22 bridges 3 sets 30sec rest	24 90 leg extensions in total	25 24 bridges 3 sets 30sec rest
26 100 leg extensions in total	27 24 bridges 3 sets 30sec rest	28 100 leg extensions in total	29 26 bridges 3 sets 30sec rest	30 100 leg extensions in total