

step up



— 30-DAY CHALLENGE —
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1	10 lunge step-ups 3 sets 30sec rest	2	30 seconds lunge step-ups non-stop	3	10 lunge step-ups 4 sets 30sec rest	4	30 seconds lunge step-ups non-stop	5	12 lunge step-ups 3 sets 30sec rest
6	30 seconds lunge step-ups non-stop	7	12 lunge step-ups 4 sets 30sec rest	8	30 seconds lunge step-ups non-stop	9	14 lunge step-ups 3 sets 30sec rest	10	30 seconds lunge step-ups non-stop
11	14 lunge step-ups 4 sets 30sec rest	12	30 seconds lunge step-ups non-stop	13	16 lunge step-ups 3 sets 30sec rest	14	30 seconds lunge step-ups non-stop	15	16 lunge step-ups 4 sets 30sec rest
16	30 seconds lunge step-ups non-stop	17	18 lunge step-ups 3 sets 30sec rest	18	30 seconds lunge step-ups non-stop	19	18 lunge step-ups 4 sets 30sec rest	20	30 seconds lunge step-ups non-stop
21	20 lunge step-ups 3 sets 30sec rest	22	30 seconds lunge step-ups non-stop	23	20 lunge step-ups 4 sets 30sec rest	24	30 seconds lunge step-ups non-stop	25	22 lunge step-ups 3 sets 30sec rest
26	30 seconds lunge step-ups non-stop	27	22 lunge step-ups 4 sets 30sec rest	28	30 seconds lunge step-ups non-stop	29	24 lunge step-ups 3 sets 30sec rest	30	30 seconds lunge step-ups non-stop