

LUNGES CHALLENGE

Monday 1 30 seconds	Tuesday 2 30 seconds	Wednesday 3 30 seconds	Thursday 4 40 seconds	Friday 5 40 seconds
Monday 6 40 seconds	Tuesday 7 60 seconds	Wednesday 8 60 seconds	Thursday 9 60 seconds	Friday 10 70 seconds
Monday 11 70 seconds	Tuesday 12 70 seconds	Wednesday 13 80 seconds	Thursday 14 80 seconds	Friday 15 90 seconds
Monday 16 90 seconds	Tuesday 17 90 seconds	Wednesday 18 100 seconds	Thursday 19 110 seconds	Friday 20 120 seconds



LUNGES CHALLENGE

Monday 1 10 Repetitions	Tuesday 2 10 Repetitions	Wednesday 3 14 Repetitions	Thursday 4 14 Repetitions	Friday 5 16 Repetitions
Monday 6 16 Repetitions	Tuesday 7 20 Repetitions	Wednesday 8 20 Repetitions	Thursday 9 22 Repetitions	Friday 10 22 Repetitions
Monday 11 26 Repetitions	Tuesday 12 26 Repetitions	Wednesday 13 28 Repetitions	Thursday 14 28 Repetitions	Friday 15 32 Repetitions
Monday 16 32 Repetitions	Tuesday 17 34 Repetitions	Wednesday 18 34 Repetitions	Thursday 19 36 Repetitions	Friday 20 40 Repetitions