

# LUNGES CHALLENGE

## BASIS

<b>1</b> <b>10</b> repetitioner	<b>2</b> <b>10</b> repetitioner	<b>3</b> <b>14</b> repetitioner	<b>4</b> <b>14</b> repetitioner	<b>5</b> <b>16</b> repetitioner
<b>6</b> <b>16</b> repetitioner	<b>7</b> <b>20</b> repetitioner	<b>8</b> <b>20</b> repetitioner	<b>9</b> <b>22</b> repetitioner	<b>10</b> <b>22</b> repetitioner

# LUNGES CHALLENGE

## ERFAREN

**1**  
**20**  
repetitioner

**2**  
**20**  
repetitioner

**3**  
**22**  
repetitioner

**4**  
**22**  
repetitioner

**5**  
**24**  
repetitioner

**6**  
**24**  
repetitioner

**7**  
**26**  
repetitioner

**8**  
**26**  
repetitioner

**9**  
**28**  
repetitioner

**10**  
**30**  
repetitioner

# LUNGES CHALLENGE

## EKSPERT

<b>1</b> <b>28</b> repetitioner	<b>2</b> <b>30</b> repetitioner	<b>3</b> <b>30</b> repetitioner	<b>4</b> <b>32</b> repetitioner	<b>5</b> <b>34</b> repetitioner
<b>6</b> <b>34</b> repetitioner	<b>7</b> <b>36</b> repetitioner	<b>8</b> <b>38</b> repetitioner	<b>9</b> <b>38</b> repetitioner	<b>10</b> <b>40</b> repetitioner

# LUNGES CHALLENGE

<b>Mandag</b> 1 <b>10</b> repetitioner	<b>Tirsdag</b> 2 <b>10</b> repetitioner	<b>Onsdag</b> 3 <b>14</b> repetitioner	<b>Torsdag</b> 4 <b>14</b> repetitioner	<b>Fredag</b> 5 <b>16</b> repetitioner
<b>Mandag</b> 6 <b>16</b> repetitioner	<b>Tirsdag</b> 7 <b>20</b> repetitioner	<b>Onsdag</b> 8 <b>20</b> repetitioner	<b>Torsdag</b> 9 <b>22</b> repetitioner	<b>Fredag</b> 10 <b>22</b> repetitioner
<b>Mandag</b> 11 <b>26</b> repetitioner	<b>Tirsdag</b> 12 <b>26</b> repetitioner	<b>Onsdag</b> 13 <b>28</b> repetitioner	<b>Torsdag</b> 14 <b>28</b> repetitioner	<b>Fredag</b> 15 <b>32</b> repetitioner
<b>Mandag</b> 16 <b>32</b> repetitioner	<b>Tirsdag</b> 17 <b>34</b> repetitioner	<b>Onsdag</b> 18 <b>34</b> repetitioner	<b>Torsdag</b> 19 <b>36</b> repetitioner	<b>Fredag</b> 20 <b>40</b> repetitioner

