

LUNGES CHALLENGE

BASIS

1 10 Repetitions	2 10 Repetitions	3 14 Repetitions	4 14 Repetitions	5 16 Repetitions
6 16 Repetitions	7 20 Repetitions	8 20 Repetitions	9 22 Repetitions	10 22 Repetitions

LUNGES CHALLENGE

EXPERIENCED

1 20 Repetitions	2 20 Repetitions	3 22 Repetitions	4 22 Repetitions	5 24 Repetitions
6 24 Repetitions	7 26 Repetitions	8 26 Repetitions	9 28 Repetitions	10 30 Repetitions

LUNGES CHALLENGE

EXPERT

1 28 Repetitions	2 30 Repetitions	3 30 Repetitions	4 32 Repetitions	5 34 Repetitions
6 34 Repetitions	7 36 Repetitions	8 38 Repetitions	9 38 Repetitions	10 40 Repetitions

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

