



30-Day Lower Body Challenge: Body Weight Squat, Deadlift, Wide Leg Squat, Squat w/Straight Leg Kick Back, Jack Squat

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
— Week 1: 20 Reps	— Before Measurements: Hips: _____ Thighs: ____	— REMEMBER TO TAKE A PICTURE	—	— Take a good look at that booty – it’s going to look different in a few weeks!!	—	— Feeling Stronger?
— Week 2: 25 Reps	— New Week – what’s your #1 Goal?	—	— What are you most proud of?	—	— FIT FRIDAY – FLAUNT IT!	—
— Week 3: 30 Reps	—	— ARE YOU REACHING YOUR GOALS?	—	— What’s motivating you today?	—	— How’s that booty looking? Take a picture!
— Week 4: 40 Reps	— POST SOMETHING FUN ON FB!	—	— Who did you inspire today?	—	— What are you most looking forward to??	— What are you working for? Is it worth it?
— Rest of Challenge: DO YOUR BEST! HOW STRONG ARE YOU NOW??	— After Measurements: Hips: _____ Thighs: ____	— How’s the booty looking? Much, much better!	—	— You just did 4K total butt exercises! HIGH 5!!!	—	— Final Picture – How does it look?

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries