

# 30-Day Foam Roller Challenge

from the 30-Day Challenge Series & Eat. Drink & be Skinny!

<b>Day 1</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 2</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 3</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 4</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 5</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 6</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 7</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes
<b>Day 8</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 9</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 10</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 11</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 12</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 13</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 14</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes
<b>Day 15</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 16</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 17</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 18</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 19</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 20</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 21</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes
<b>Day 22</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 23</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 24</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 25</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 26</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 27</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 28</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes
<b>Day 29</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<b>Day 30</b> ----- Quads ----- Hip Flexor ----- IT Band ----- Adductor ----- Glutes	<p align="center"> <b>Record # minutes each area is rolled each day.</b>  <i>Because "I foam roll enough" is something we don't often say!</i>            Visit <a href="http://www.facebook.com/30daychallengeSeries">www.facebook.com/30daychallengeSeries</a> &amp;  <a href="http://www.eatdrinkandbeskinny.com">www.eatdrinkandbeskinny.com</a> for more details inspiration!         </p>				