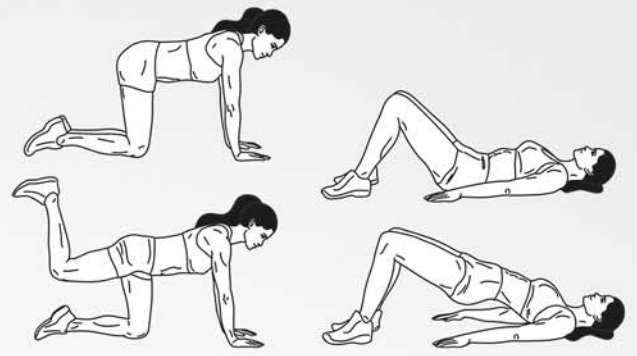


glutes *of* steel



30-Day Challenge

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1 12 bridges 3 sets in total 30 sec rest between sets	2 40 leg extensions in total	3 12 bridges 3 sets in total 30 sec rest between sets	4 40 leg extensions in total	5 14 bridges 3 sets in total 30 sec rest between sets
6 50 leg extensions in total	7 14 bridges 3 sets in total 30 sec rest between sets	8 50 leg extensions in total	9 16 bridges 3 sets in total 30 sec rest between sets	10 60 leg extensions in total
11 16 bridges 3 sets in total 30 sec rest between sets	12 60 leg extensions in total	13 18 bridges 3 sets in total 30 sec rest between sets	14 70 leg extensions in total	15 18 bridges 3 sets in total 30 sec rest between sets
16 70 leg extensions in total	17 20 bridges 3 sets in total 30 sec rest between sets	18 80 leg extensions in total	19 20 bridges 3 sets in total 30 sec rest between sets	20 80 leg extensions in total
21 22 bridges 3 sets in total 30 sec rest between sets	22 90 leg extensions in total	23 22 bridges 3 sets in total 30 sec rest between sets	24 90 leg extensions in total	25 24 bridges 3 sets in total 30 sec rest between sets
26 100 leg extensions in total	27 24 bridges 3 sets in total 30 sec rest between sets	28 100 leg extensions in total	29 26 bridges 3 sets in total 30 sec rest between sets	30 100 leg extensions in total