

30 DAY

GUNS, BUNS & ABS CHALLENGE

DAY	SQUATS	PUSH-UPS	LEG LIFTS
1	50	5	25
2	55	5	30
3	60	7	35
4	REST	7	40
5	70	8	45
6	75	9	50
7	80	REST	55
8	REST	8	60
9	100	9	REST
10	105	10	65
11	110	10	75
12	REST	12	80
13	130	12	85
14	135	REST	90
15	140	13	95
16	REST	15	100
17	150	16	REST
18	155	16	100
19	160	19	50
20	REST	21	60
21	180	REST	70
22	185	23	75
23	190	26	80
24	REST	28	85
25	200	30	REST
26	225	32	80
27	230	34	85
28	REST	36	90
29	240	38	95
30	250	40	100