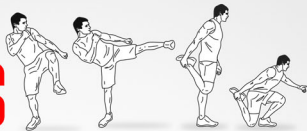


# IRON GLUTES



— 30-DAY CHALLENGE —

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1 20 side kicks 2 sets   30sec rest	2 8 shrimp squats 2 sets   30sec rest	3 80 side kicks throughout the day	4 10 shrimp squats 2 sets   30sec rest	5 24 side kicks 2 sets   30sec rest
6 12 shrimp squats 2 sets   30sec rest	7 100 side kicks throughout the day	8 8 shrimp squats 3 sets   30sec rest	9 20 side kicks 3 sets   30sec rest	10 10 shrimp squats 3 sets   30sec rest
11 120 side kicks throughout the day	12 12 shrimp squats 3 sets   30sec rest	13 24 side kicks 3 sets   30sec rest	14 8 shrimp squats 4 sets   30sec rest	15 140 side kicks throughout the day
16 10 shrimp squats 4 sets   30sec rest	17 20 side kicks 4 sets   30sec rest	18 12 shrimp squats 4 sets   30sec rest	19 160 side kicks throughout the day	20 8 shrimp squats 5 sets   30sec rest
21 24 side kicks 4 sets   30sec rest	22 10 shrimp squats 5 sets   30sec rest	23 180 side kicks throughout the day	24 12 shrimp squats 5 sets   30sec rest	25 20 side kicks 5 sets   30sec rest
26 8 shrimp squats 6 sets   30sec rest	27 200 side kicks throughout the day	28 10 shrimp squats 6 sets   30sec rest	29 24 side kicks 5 sets   30sec rest	30 12 shrimp squats 6 sets   30sec rest