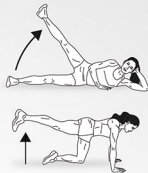


EPIC LEGS

— 30-DAY CHALLENGE —



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1 10 sumo squats 10-count hold 4 sets 30sec rest	2 40 leg raises 40 side leg raises change sides & repeat	3 11 sumo squats 10-count hold 4 sets 30sec rest	4 40 leg raises 40 side leg raises change sides & repeat	5 12 sumo squats 10-count hold 4 sets 30sec rest
6 40 leg raises 40 side leg raises change sides & repeat	7 13 sumo squats 10-count hold 4 sets 30sec rest	8 44 leg raises 44 side leg raises change sides & repeat	9 14 sumo squats 10-count hold 4 sets 30sec rest	10 44 leg raises 44 side leg raises change sides & repeat
11 15 sumo squats 10-count hold 4 sets 30sec rest	12 44 leg raises 44 side leg raises change sides & repeat	13 16 sumo squats 10-count hold 4 sets 30sec rest	14 50 leg raises 48 side leg raises change sides & repeat	15 17 sumo squats 10-count hold 4 sets 30sec rest
16 50 leg raises 48 side leg raises change sides & repeat	17 18 sumo squats 10-count hold 4 sets 30sec rest	18 50 leg raises 48 side leg raises change sides & repeat	19 19 sumo squats 10-count hold 4 sets 30sec rest	20 54 leg raises 54 side leg raises change sides & repeat
21 20 sumo squats 10-count hold 4 sets 30sec rest	22 54 leg raises 54 side leg raises change sides & repeat	23 21 sumo squats 10-count hold 4 sets 30sec rest	24 54 leg raises 54 side leg raises change sides & repeat	25 22 sumo squats 10-count hold 4 sets 30sec rest
26 60 leg raises 60 side leg raises change sides & repeat	27 23 sumo squats 10-count hold 4 sets 30sec rest	28 60 leg raises 60 side leg raises change sides & repeat	29 24 sumo squats 10-count hold 4 sets 30sec rest	30 60 leg raises 60 side leg raises change sides & repeat