



30 day LEGS BUMS & TUMS Challenge

Days 1 - 14: two sets *Days 15 - 30: three sets*

1 20 squats 10 sec plank 20 side lunges 10 side plank alt 10 bridges	2 20 squats 10 sec plank 20 side lunges 10 side plank alt 10 bridges	3 30 squats 20 sec plank 20 side lunges 10 side plank alt 14 bridges	4 30 squats 20 sec plank 20 side lunges 10 side plank alt 14 bridges	5 REST
6 35 squats 30 sec plank 30 side lunges 16 side plank alt 16 bridges	7 35 squats 30 sec plank 30 side lunges 16 side plank alt 16 bridges	8 40 squats 45 sec plank 30 side lunges 16 side plank alt 20 bridges	9 40 squats 45 sec plank 30 side lunges 16 side plank alt 20 bridges	10 REST
11 40 squats 45 sec plank 30 side lunges 18 side plank alt 25 bridges	12 40 squats 45 sec plank 30 side lunges 18 side plank alt 25 bridges	13 40 squats 60 sec plank 40 side lunges 20 side plank alt 30 bridges	14 40 squats 60 sec plank 40 side lunges 20 side plank alt 30 bridges	15 REST
16 20 squats 60 sec plank 20 side lunges 10 side plank alt 10 bridges	17 20 squats 60 sec plank 20 side lunges 10 side plank alt 10 bridges	18 30 squats 90 sec plank 20 side lunges 10 side plank alt 14 bridges	19 30 squats 90 sec plank 20 side lunges 10 side plank alt 14 bridges	20 REST
21 35 squats 90 sec plank 30 side lunges 16 side plank alt 16 bridges	22 35 squats 90 sec plank 30 side lunges 16 side plank alt 16 bridges	23 40 squats 2 min plank 30 side lunges 16 side plank alt 20 bridges	24 40 squats 2 min plank 30 side lunges 16 side plank alt 20 bridges	25 REST
26 40 squats 2 min plank 30 side lunges 18 side plank alt 25 bridges	27 40 squats 2 min plank 30 side lunges 18 side plank alt 25 bridges	28 40 squats 2.5 min plank 40 side lunges 20 side plank alt 30 bridges	29 40 squats 2.5 min plank 40 side lunges 20 side plank alt 30 bridges	30 40 squats 3 min plank 40 side lunges 20 side plank alt 30 bridges

Legs Bums Tums - Mondays 8pm Newport Pagnell Youth Club

fitnessmiltonkeynes.com [facebook.com/fitnessmk](https://www.facebook.com/fitnessmk)

Ensure you warm up and cool down correctly before and after each challenge.
These exercises are meant as a guide only, for correct technique please pop into a class:

Bums And Tums

RD Boyd



Bums And Tums:

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