

# Better Butt Challenge

Day                      Exercise                      Complete

1

10 Pass Through Lunges Per Leg  
10 Side to Side Squats Per Side  
10 Cross Behind Lunges Per Leg

2

10 Pass Through Lunges Per Leg  
10 Side to Side Squats Per Side  
10 Cross Behind Lunges Per Leg

3

12 Pass Through Lunges Per Leg  
12 Side to Side Squats Per Side  
12 Cross Behind Lunges Per Leg

4

14 Pass Through Lunges Per Leg  
14 Side to Side Squats Per Side  
14 Cross Behind Lunges Per Leg

5

16 Pass Through Lunges Per Leg  
16 Side to Side Squats Per Side  
16 Cross Behind Lunges Per Leg

6

18 Pass Through Lunges Per Leg  
18 Side to Side Squats Per Side  
18 Cross Behind Lunges Per Leg

7

20 Pass Through Lunges Per Leg  
20 Side to Side Squats Per Side  
20 Cross Behind Lunges Per Leg

8

20 Pass Through Lunges Per Leg  
20 Side to Side Squats Per Side  
20 Cross Behind Lunges Per Leg

9

22 Pass Through Lunges Per Leg  
22 Side to Side Squats Per Side  
22 Cross Behind Lunges Per Leg

10

24 Pass Through Lunges Per Leg  
24 Side to Side Squats Per Side  
24 Cross Behind Lunges Per Leg

11

25 Pass Through Lunges Per Leg  
25 Side to Side Squats Per Side  
25 Cross Behind Lunges Per Leg

12

25 Pass Through Lunges Per Leg  
25 Side to Side Squats Per Side  
25 Cross Behind Lunges Per Leg

13

25 Pass Through Lunges Per Leg  
25 Side to Side Squats Per Side  
25 Cross Behind Lunges Per Leg

14

25 Pass Through Lunges Per Leg  
25 Side to Side Squats Per Side  
25 Cross Behind Lunges Per Leg