

# 28 DAY Lunge -A - Palooza CHALLENGE



**LUNGES**  
 Alternating Forward  
 Alternating Backward  
 Alternating Side  
 Alternating Cross-Behind  
 Walking Lunge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Beginner</b> 3 Reps of Each <b>Advanced</b> 6 Reps of Each	<b>Beginner</b> 5 Reps of Each <b>Advanced</b> 10 Reps of Each	<b>Beginner</b> 3 Reps of Each Repeat 2 Times <b>Advanced</b> 6 Reps of Each Repeat 2 Times	<b>Beginner</b> 3 Reps of Each Repeat 2 Times <b>Advanced</b> 6 Reps of Each Repeat 2 Times	DAY OFF	<b>Beginner</b> 5 Reps of Each <b>Advanced</b> 10 Reps of Each	<b>Beginner</b> 4 Reps of Each Repeat 2 Times <b>Advanced</b> 8 Reps of Each Repeat 2 Times
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Beginner</b> 5 Reps of Each Repeat 2 Times <b>Advanced</b> 10 Reps of Each Repeat 2 Times	<b>Beginner</b> 3 Reps of Each Repeat 2 Times <b>Advanced</b> 6 Reps of Each Repeat 2 Times	DAY OFF	<b>Beginner</b> 5 Reps of Each Repeat 2 Times <b>Advanced</b> 5 Reps of Each Repeat 4 Times	<b>Beginner</b> 7 Reps of Each Repeat 2 Times <b>Advanced</b> 7 Reps of Each Repeat 3 Times	<b>Beginner</b> 3 Reps of Each Repeat 2 Times <b>Advanced</b> 6 Reps of Each Repeat 2 Times	<b>Beginner</b> 5 Reps of Each Repeat 3 Times <b>Advanced</b> 5 Reps of Each Repeat 5 Times
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	<b>Beginner</b> 4 Reps of Each Repeat 3 Times <b>Advanced</b> 8 Reps of Each Repeat 3 Times	<b>Beginner</b> 3 Reps of Each Repeat 3 Times <b>Advanced</b> 6 Reps of Each Repeat 3 Times	<b>Beginner</b> 7 Reps of Each Repeat 2 Times <b>Advanced</b> 7 Reps of Each Repeat 4 Times	<b>Beginner</b> 5 Reps of Each Repeat 3 Times <b>Advanced</b> 10 Reps of Each Repeat 3 Times	DAY OFF	<b>Beginner</b> 4 Reps of Each Repeat 2 Times <b>Advanced</b> 8 Reps of Each Repeat 2 Times
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>Beginner</b> 4 Reps of Each Repeat 2 Times <b>Advanced</b> 8 Reps of Each Repeat 4 Times	<b>Beginner</b> 7 Reps of Each Repeat 2 Times <b>Advanced</b> 7 Reps of Each Repeat 5 Times	<b>Beginner</b> 7 Reps of Each Repeat 3 Times <b>Advanced</b> 7 Reps of Each Repeat 5 Times	<b>Beginner</b> 3 Reps of Each Repeat 3 Times <b>Advanced</b> 6 Reps of Each Repeat 3 Times	<b>Beginner</b> 5 Reps of Each Repeat 2 Times <b>Advanced</b> 9 Reps of Each Repeat 4 Times	<b>Beginner</b> 6 Reps of Each Repeat 3 Times <b>Advanced</b> 12 Reps of Each Repeat 3 Times	<b>Beginner</b> 10 Reps of Each Repeat 2 Times YAY! you did 100! <b>Advanced</b> 10 Reps of Each Repeat 4 Times YAY! You did 200!