## Lunge -A - Palooza CHALLENGE





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

DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Beginner 5 Reps of Each Advanced 10 Reps of Each	Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times	Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times	DAY OFF	Beginner 5 Reps of Each Advanced 10 Reps of Each	Beginner 4 Reps of Each Repeat 2 Times Advanced 8 Reps of Each Repeat 2 Times
DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times	DAY OFF	Beginner 5 Reps of Each Repeat 2 Times Advanced 5 Reps of Each Repeat 4 Times	Beginner 7 Reps of Each Repeat 2 Times Advanced 7 Reps of Each Repeat 3 Times	Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times	Beginner 5 Reps of Each Repeat 3 Times Advanced 5 Reps of Each Repeat 5 Times
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Beginner 4 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3Times	Beginner 3 Reps of Each Repeat 3 Times Advanced 6 Reps of Each Repeat 3 Times	Beginner 7 Reps of Each Repeat 2 Times Advanced 7 Reps of Each Repeat 4 Times	Beginner 5 Reps of Each Repeat 3 Times Advanced 10 Reps of Each Repeat 3 Times	DAY OFF	Beginner 4 Reps of Each Repeat 2 Times Advanced 8 Reps of Each Repeat 2 Times
DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Beginner 7 Reps of Each Repeat 2 Times Advanced 7 Reps of Each Repeat 5 Times	Beginner 7 Reps of Each Repeat 3 Times Advanced 7 Reps of Each Repeat 5 Times	Beginner 3 Reps of Each Repeat 3 Times Advanced 6 Reps of Each Repeat 3 Times	Beginner 5 Reps of Each Repeat 2 Times Advanced 9 Reps of Each Repeat 4 Times	Beginner 6 Reps of Each Repeat 3 Times Advanced 12 Reps of Each Repeat 3 Times	Beginner 10 Reps of Each Repeat 2 Times YAY! you did 100! Advanced 10 Reps of Each Repeat 4 Times YAY! You did 200!
	5 Reps of Each Advanced 10 Reps of Each  DAY 9  Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times  DAY 16  Beginner 4 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Advanced 7 Reps of Each Repeat 2 Times Advanced 7 Reps of Each Repeat 2 Times Advanced 7 Reps of Each	Beginner 5 Reps of Each Advanced 10 Reps of Each DAY 9  Beginner 3 Reps of Each Repeat 2 Times  DAY 10  Beginner 3 Reps of Each Repeat 2 Times  Advanced 6 Reps of Each Repeat 2 Times  DAY 16  DAY 17  Beginner 4 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times  DAY 23  Beginner 7 Reps of Each Repeat 3 Times  DAY 24  Beginner 7 Reps of Each Repeat 3 Times Advanced 6 Reps of Each Repeat 3 Times Advanced 7 Reps of Each Repeat 3 Times	Beginner 5 Reps of Each Advanced 10 Reps of Each Repeat 2 Times Advanced 10 Reps of Each Repeat 2 Times Advanced 10 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times Advanced 7 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Advanced 7 Reps of Each Repeat 3 Times Repeat 3 Times Advanced 7 Reps of Each	Beginner 5 Reps of Each Advanced 10 Reps of Each Repeat 2 Times  DAY 9  DAY 10  DAY 11  DAY 12  Beginner 3 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 4 Times  DAY 16  DAY 17  DAY 18  DAY 19  Beginner 4 Reps of Each Repeat 3 Times Advanced 8 Reps of Each Repeat 3 Times Repeat 3 Times Repeat 3 Times Repeat 3 Times Repeat 4 Times  DAY 23  DAY 24  DAY 25  DAY 26  Beginner 7 Reps of Each Repeat 3 Times Repeat	Beginner 5 Reps of Each Advanced Advanced 10 Reps of Each Repeat 2 Times Advanced 10 Reps of Each Repeat 2 Times  DAY 9  DAY 10  DAY 11  DAY 12  DAY 13  Beginner 3 Reps of Each Repeat 2 Times  Beginner 3 Reps of Each Repeat 2 Times  DAY 0FF  DAY 10  DAY 11  DAY 12  DAY 13  Beginner 3 Reps of Each Repeat 2 Times  Beginner 5 Reps of Each Repeat 2 Times  Beginner 7 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times Advanced 6 Reps of Each Repeat 2 Times  DAY 16  DAY 17  DAY 18  Beginner 4 Reps of Each Repeat 3 Times Advanced Advanced Advanced Advanced Advanced Advanced Advanced A Repeat 3 Times Advanced A Repeat 3 Times Advanced A Repeat 3 Times Repeat 3 Times Repeat 4 Times Repeat 3 Times Repeat 4 Times Repeat 3 Times Repeat 3 Times Repeat 4 Times Repeat 3 Times