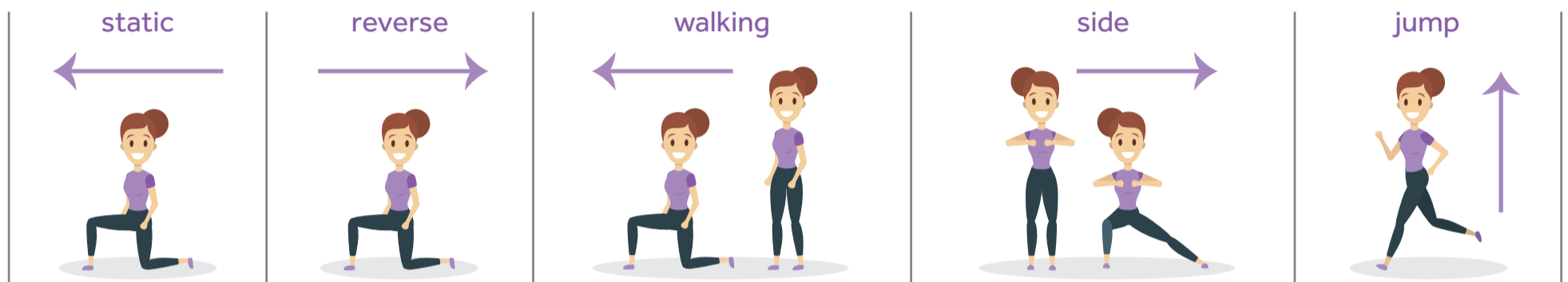


30 Day Lunge Challenge

Complete the number of reps for each type of lunge every day for 30 days.

Make sure to split the number of reps between each leg (10 = 5 each leg).



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY 1 10 static	DAY 2 10 static 10 reverse	DAY 3 10 static 10 reverse 10 side	DAY 4 12 static 12 reverse 12 side	DAY 5 14 static 14 reverse 14 side	DAY 6 16 static 16 reverse 16 side	DAY 7 Rest
DAY 8 10 static 10 reverse	DAY 9 12 static 12 reverse 12 walking	DAY 10 14 static 14 reverse 14 walking	DAY 11 10 walking 10 jump	DAY 12 12 walking 12 jump	DAY 13 14 walking 14 jump	DAY 14 Rest
DAY 15 10 static 10 reverse 10 side 10 walking	DAY 16 12 static 12 reverse 12 side 12 walking	DAY 17 14 static 14 reverse 14 side 14 walking	DAY 18 16 static 16 reverse 16 side 16 walking	DAY 19 18 static 18 reverse 18 side 18 walking	DAY 20 20 static 20 reverse 20 side 20 walking	DAY 21 Easter Sunday Lunge for Easter Eggs
DAY 22 10 static 10 reverse 10 side 10 walking 5 jump	DAY 23 10 static 10 reverse 10 side 10 walking 10 jump	DAY 24 12 static 12 reverse 12 side 12 walking 12 jump	DAY 25 14 static 14 reverse 14 side 14 walking 14 jump	DAY 26 16 static 16 reverse 16 side 16 walking 16 jump	DAY 27 18 static 18 reverse 18 side 18 walking 18 jump	DAY 28 Rest
DAY 29 20 static 20 reverse 20 side 20 walking 20 jump	DAY 30 30 static 30 reverse 30 side 30 walking 30 jump	www.manchester.ac.uk/sixways				

Disclaimer: Please consult your doctor or GP before undertaking any type of vigorous exercise.