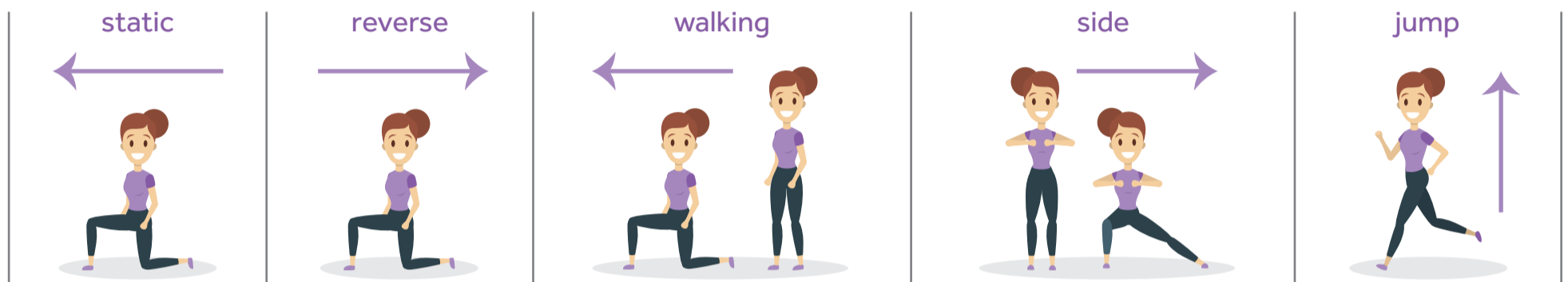


# 30 Day Lunge Challenge

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

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