

LOVE YOUR LEGS

February Challenge

Show your legs some love with this 30 day challenge! Complete at your own pace with rest between as needed. Add weights or resistance bands for an extra challenge. Check into our group each day after your exercises for more accountability.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
10 squats 20 calf raises 10 alternating reverse lunges	10 sumo squats 10 deadlifts 10 alternating side lunges	30s wall sit 30s high knees 20 alternating curtsy lunges	10 narrow squats 30s butt kicks 10 bridge lifts	10 plié squats 10 side leg lifts R 10 side leg lifts L
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10 alternating surrenders 30s side shuffle 10 squat jacks	<i>Stretch it out</i> and get ready to add weight!	15 squats 25 calf raises 20 alternating reverse lunges	15 sumo squats 15 deadlifts 20 alternating side lunges	45s wall sit 45s high knees 30 alternating curtsy lunges
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
15 narrow squats 45s butt kicks 30s bridge pulses	10 plié squats 10 side leg lifts R 10 side leg lifts L	20 fire hydrants each side 20 donkey kicks each side	20 alternating surrenders 45s side shuffle 15 squat jacks	<i>Stretch it out</i> and get ready to add weight!
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
20 squats 30 calf raises 30s lunge pulses R 30s lunges pulses L	30s sumo pulses 20 deadlifts 20 alternating side lunges	60s wall sit 60s high knees 20 alternating curtsy lunges	20 narrow squats 60s butt kicks 20 bridge lifts	30 fire hydrants each side 30 donkey kicks each side
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
30 alternating surrenders 60s side shuffle 20 squat jacks	25 squats 10s squat hold 35 calf raises 10s calf raise hold	<i>Stretch it out</i> and get ready to add weight!	20 sumo squats 15s sumo pulses 10s sumo hold 20 deadlifts	60s wall sit 60s high knees 20 alternating side lunges
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
30 alternating curtsy lunges 30s curtsy pulse R 30s curtsy pulse L	25 narrow squats 20 bridge lifts 30s bridge pulses	60s butt kicks 60s side shuffle 20 squat jacks	40 fire hydrants each side 40 donkey kicks each side	15 squat jacks 15 squat jumps 10 switching lunge jumps