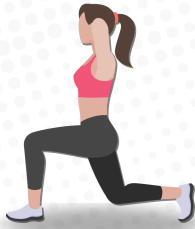


SLIM THIGH

CHALLENGE

30 DAYS

Easy



LUNGE



MOUNTAIN CLIMBING



CURTSY LUNGE



BOAT POSE

DAY 1

- ☐ 10 LUNGE
- ☐ 10 MOUNTAIN CLIMBING
- ☐ 10 CURTSY LUNGE
- ☐ 10 BOAT POSE

DAY 2

- ☐ 11 LUNGE
- ☐ 11 MOUNTAIN CLIMBING
- ☐ 11 CURTSY LUNGE
- ☐ 11 BOAT POSE

DAY 3

- ☐ 12 LUNGE
- ☐ 12 MOUNTAIN CLIMBING
- ☐ 12 CURTSY LUNGE
- ☐ 12 BOAT POSE

DAY 4

- ☐ 13 LUNGE
- ☐ 13 MOUNTAIN CLIMBING
- ☐ 13 CURTSY LUNGE
- ☐ 13 BOAT POSE

DAY 5

- ☐ 14 LUNGE
- ☐ 14 MOUNTAIN CLIMBING
- ☐ 14 CURTSY LUNGE
- ☐ 14 BOAT POSE

DAY 6

- ☐ 15 LUNGE
- ☐ 15 MOUNTAIN CLIMBING
- ☐ 15 CURTSY LUNGE
- ☐ 15 BOAT POSE

DAY 7

- ☐ 16 LUNGE
- ☐ 16 MOUNTAIN CLIMBING
- ☐ 16 CURTSY LUNGE
- ☐ 16 BOAT POSE

DAY 8

- ☐ 17 LUNGE
- ☐ 17 MOUNTAIN CLIMBING
- ☐ 17 CURTSY LUNGE
- ☐ 17 BOAT POSE

DAY 9

- ☐ 18 LUNGE
- ☐ 18 MOUNTAIN CLIMBING
- ☐ 18 CURTSY LUNGE
- ☐ 18 BOAT POSE

DAY 10

- ☐ 19 LUNGE
- ☐ 19 MOUNTAIN CLIMBING
- ☐ 19 CURTSY LUNGE
- ☐ 19 BOAT POSE

DAY 11

- ☐ 20 LUNGE
- ☐ 20 MOUNTAIN CLIMBING
- ☐ 20 CURTSY LUNGE
- ☐ 20 BOAT POSE

DAY 12

- ☐ 21 LUNGE
- ☐ 21 MOUNTAIN CLIMBING
- ☐ 21 CURTSY LUNGE
- ☐ 21 BOAT POSE

DAY 13

- ☐ 22 LUNGE
- ☐ 22 MOUNTAIN CLIMBING
- ☐ 22 CURTSY LUNGE
- ☐ 22 BOAT POSE

DAY 14

- ☐ 23 LUNGE
- ☐ 23 MOUNTAIN CLIMBING
- ☐ 23 CURTSY LUNGE
- ☐ 23 BOAT POSE

DAY 15

- ☐ 24 LUNGE
- ☐ 24 MOUNTAIN CLIMBING
- ☐ 24 CURTSY LUNGE
- ☐ 24 BOAT POSE

DAY 16

- ☐ 25 LUNGE
- ☐ 25 MOUNTAIN CLIMBING
- ☐ 25 CURTSY LUNGE
- ☐ 25 BOAT POSE

DAY 17

- ☐ 26 LUNGE
- ☐ 26 MOUNTAIN CLIMBING
- ☐ 26 CURTSY LUNGE
- ☐ 26 BOAT POSE

DAY 18

- ☐ 27 LUNGE
- ☐ 27 MOUNTAIN CLIMBING
- ☐ 27 CURTSY LUNGE
- ☐ 27 BOAT POSE

DAY 19

- ☐ 28 LUNGE
- ☐ 28 MOUNTAIN CLIMBING
- ☐ 28 CURTSY LUNGE
- ☐ 28 BOAT POSE

DAY 20

- ☐ 29 LUNGE
- ☐ 29 MOUNTAIN CLIMBING
- ☐ 29 CURTSY LUNGE
- ☐ 29 BOAT POSE

DAY 21

- ☐ 30 LUNGE
- ☐ 30 MOUNTAIN CLIMBING
- ☐ 30 CURTSY LUNGE
- ☐ 30 BOAT POSE

DAY 22

- ☐ 31 LUNGE
- ☐ 31 MOUNTAIN CLIMBING
- ☐ 31 CURTSY LUNGE
- ☐ 31 BOAT POSE

DAY 23

- ☐ 32 LUNGE
- ☐ 32 MOUNTAIN CLIMBING
- ☐ 32 CURTSY LUNGE
- ☐ 32 BOAT POSE

DAY 24

- ☐ 33 LUNGE
- ☐ 33 MOUNTAIN CLIMBING
- ☐ 33 CURTSY LUNGE
- ☐ 33 BOAT POSE

DAY 25

- ☐ 34 LUNGE
- ☐ 34 MOUNTAIN CLIMBING
- ☐ 34 CURTSY LUNGE
- ☐ 34 BOAT POSE

DAY 26

- ☐ 35 LUNGE
- ☐ 35 MOUNTAIN CLIMBING
- ☐ 35 CURTSY LUNGE
- ☐ 35 BOAT POSE

DAY 27

- ☐ 36 LUNGE
- ☐ 36 MOUNTAIN CLIMBING
- ☐ 36 CURTSY LUNGE
- ☐ 36 BOAT POSE

DAY 28

- ☐ 37 LUNGE
- ☐ 37 MOUNTAIN CLIMBING
- ☐ 37 CURTSY LUNGE
- ☐ 37 BOAT POSE

DAY 29

- ☐ 38 LUNGE
- ☐ 38 MOUNTAIN CLIMBING
- ☐ 38 CURTSY LUNGE
- ☐ 38 BOAT POSE

DAY 30

- ☐ 39 LUNGE
- ☐ 39 MOUNTAIN CLIMBING
- ☐ 39 CURTSY LUNGE
- ☐ 39 BOAT POSE

SLIM THIGH

CHALLENGE

30 DAYS

Hard



LUNGE



MOUNTAIN CLIMBING



CURTSY LUNGE



BOAT POSE

DAY 1

- ☐ 10 LUNGE
- ☐ 10 MOUNTAIN CLIMBING
- ☐ 10 CURTSY LUNGE
- ☐ 10 BOAT POSE

DAY 2

- ☐ 12 LUNGE
- ☐ 12 MOUNTAIN CLIMBING
- ☐ 12 CURTSY LUNGE
- ☐ 12 BOAT POSE

DAY 3

- ☐ 14 LUNGE
- ☐ 14 MOUNTAIN CLIMBING
- ☐ 14 CURTSY LUNGE
- ☐ 14 BOAT POSE

DAY 4

- ☐ 16 LUNGE
- ☐ 16 MOUNTAIN CLIMBING
- ☐ 16 CURTSY LUNGE
- ☐ 16 BOAT POSE

DAY 5

- ☐ 18 LUNGE
- ☐ 18 MOUNTAIN CLIMBING
- ☐ 18 CURTSY LUNGE
- ☐ 18 BOAT POSE

DAY 6

- ☐ 20 LUNGE
- ☐ 20 MOUNTAIN CLIMBING
- ☐ 20 CURTSY LUNGE
- ☐ 20 BOAT POSE

DAY 7

- ☐ 22 LUNGE
- ☐ 22 MOUNTAIN CLIMBING
- ☐ 22 CURTSY LUNGE
- ☐ 22 BOAT POSE

DAY 8

- ☐ 24 LUNGE
- ☐ 24 MOUNTAIN CLIMBING
- ☐ 24 CURTSY LUNGE
- ☐ 24 BOAT POSE

DAY 9

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- ☐ 26 MOUNTAIN CLIMBING
- ☐ 26 CURTSY LUNGE
- ☐ 26 BOAT POSE

DAY 10

- ☐ 28 LUNGE
- ☐ 28 MOUNTAIN CLIMBING
- ☐ 28 CURTSY LUNGE
- ☐ 28 BOAT POSE

DAY 11

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- ☐ 30 MOUNTAIN CLIMBING
- ☐ 30 CURTSY LUNGE
- ☐ 30 BOAT POSE

DAY 12

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- ☐ 32 MOUNTAIN CLIMBING
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DAY 13

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- ☐ 34 BOAT POSE

DAY 14

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- ☐ 36 MOUNTAIN CLIMBING
- ☐ 36 CURTSY LUNGE
- ☐ 36 BOAT POSE

DAY 15

- ☐ 38 LUNGE
- ☐ 38 MOUNTAIN CLIMBING
- ☐ 38 CURTSY LUNGE
- ☐ 38 BOAT POSE

DAY 16

- ☐ 40 LUNGE
- ☐ 40 MOUNTAIN CLIMBING
- ☐ 40 CURTSY LUNGE
- ☐ 40 BOAT POSE

DAY 17

- ☐ 42 LUNGE
- ☐ 44 MOUNTAIN CLIMBING
- ☐ 44 CURTSY LUNGE
- ☐ 44 BOAT POSE

DAY 18

- ☐ 46 LUNGE
- ☐ 46 MOUNTAIN CLIMBING
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DAY 19

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DAY 20

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DAY 21

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DAY 22

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DAY 23

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DAY 24

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DAY 25

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DAY 26

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DAY 27

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DAY 28

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DAY 29

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- ☐ 68 MOUNTAIN CLIMBING
- ☐ 68 CURTSY LUNGE
- ☐ 68 BOAT POSE

DAY 30

- ☐ 70 LUNGE
- ☐ 70 MOUNTAIN CLIMBING
- ☐ 70 CURTSY LUNGE
- ☐ 70 BOAT POSE

SLIM THIGH

CHALLENGE

30 DAYS



LUNGE



MOUNTAIN CLIMBING



CURTSY LUNGE



BOAT POSE

DAY 1

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