

BUTT WORKOUT

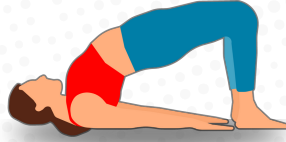
30 DAYS Challenge



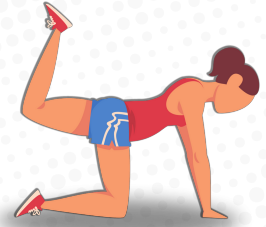
SQUAT



LUNGES



BRIDGES



LEG KICKBACKS

DAY 1

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DAY 2

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DAY 30

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BUTT WORKOUT

30 DAYS Challenge

Easy



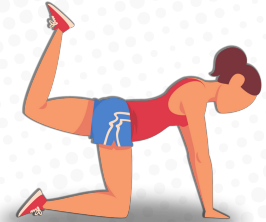
SQUAT



LUNGES



BRIDGES



LEG KICKBACKS

DAY 1

- ☐ 10 SQUAT
- ☐ 10 LUNGES
- ☐ 10 BRIDGES
- ☐ 10 LEG KICKBACKS

DAY 2

- ☐ 10 SQUAT
- ☐ 10 LUNGES
- ☐ 10 BRIDGES
- ☐ 10 LEG KICKBACKS

DAY 3

- ☐ 11 SQUAT
- ☐ 11 LUNGES
- ☐ 11 BRIDGES
- ☐ 11 LEG KICKBACKS

DAY 4

- ☐ 11 SQUAT
- ☐ 11 LUNGES
- ☐ 11 BRIDGES
- ☐ 11 LEG KICKBACKS

DAY 5

- ☐ 12 SQUAT
- ☐ 12 LUNGES
- ☐ 12 BRIDGES
- ☐ 12 LEG KICKBACKS

DAY 6

- ☐ 12 SQUAT
- ☐ 12 LUNGES
- ☐ 12 BRIDGES
- ☐ 12 LEG KICKBACKS

DAY 7

- ☐ 13 SQUAT
- ☐ 13 LUNGES
- ☐ 13 BRIDGES
- ☐ 13 LEG KICKBACKS

DAY 8

- ☐ 13 SQUAT
- ☐ 13 LUNGES
- ☐ 13 BRIDGES
- ☐ 13 LEG KICKBACKS

DAY 9

- ☐ 14 SQUAT
- ☐ 14 LUNGES
- ☐ 14 BRIDGES
- ☐ 14 LEG KICKBACKS

DAY 10

- ☐ 14 SQUAT
- ☐ 14 LUNGES
- ☐ 14 BRIDGES
- ☐ 14 LEG KICKBACKS

DAY 11

- ☐ 15 SQUAT
- ☐ 15 LUNGES
- ☐ 15 BRIDGES
- ☐ 15 LEG KICKBACKS

DAY 12

- ☐ 15 SQUAT
- ☐ 15 LUNGES
- ☐ 15 BRIDGES
- ☐ 15 LEG KICKBACKS

DAY 13

- ☐ 16 SQUAT
- ☐ 16 LUNGES
- ☐ 16 BRIDGES
- ☐ 16 LEG KICKBACKS

DAY 14

- ☐ 16 SQUAT
- ☐ 16 LUNGES
- ☐ 16 BRIDGES
- ☐ 16 LEG KICKBACKS

DAY 15

- ☐ 17 SQUAT
- ☐ 17 LUNGES
- ☐ 17 BRIDGES
- ☐ 17 LEG KICKBACKS

DAY 16

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- ☐ 17 LUNGES
- ☐ 17 BRIDGES
- ☐ 17 LEG KICKBACKS

DAY 17

- ☐ 18 SQUAT
- ☐ 18 LUNGES
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- ☐ 18 LEG KICKBACKS

DAY 18

- ☐ 18 SQUAT
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- ☐ 18 LEG KICKBACKS

DAY 19

- ☐ 19 SQUAT
- ☐ 19 LUNGES
- ☐ 19 BRIDGES
- ☐ 19 LEG KICKBACKS

DAY 20

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DAY 21

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- ☐ 20 LEG KICKBACKS

DAY 22

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- ☐ 20 BRIDGES
- ☐ 20 LEG KICKBACKS

DAY 23

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- ☐ 21 LEG KICKBACKS

DAY 24

- ☐ 21 SQUAT
- ☐ 21 LUNGES
- ☐ 21 BRIDGES
- ☐ 21 LEG KICKBACKS

DAY 25

- ☐ 22 SQUAT
- ☐ 22 LUNGES
- ☐ 22 BRIDGES
- ☐ 22 LEG KICKBACKS

DAY 26

- ☐ 22 SQUAT
- ☐ 22 LUNGES
- ☐ 22 BRIDGES
- ☐ 22 LEG KICKBACKS

DAY 27

- ☐ 23 SQUAT
- ☐ 23 LUNGES
- ☐ 23 BRIDGES
- ☐ 23 LEG KICKBACKS

DAY 28

- ☐ 23 SQUAT
- ☐ 23 LUNGES
- ☐ 23 BRIDGES
- ☐ 23 LEG KICKBACKS

DAY 29

- ☐ 24 SQUAT
- ☐ 24 LUNGES
- ☐ 24 BRIDGES
- ☐ 24 LEG KICKBACKS

DAY 30

- ☐ 24 SQUAT
- ☐ 24 LUNGES
- ☐ 24 BRIDGES
- ☐ 24 LEG KICKBACKS

BUTT WORKOUT

30 DAYS Challenge

Normal



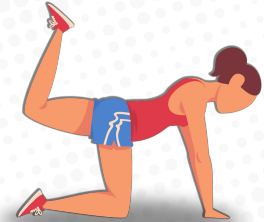
SQUAT



LUNGES



BRIDGES



LEG KICKBACKS

DAY 1

- ☐ 10 SQUAT
- ☐ 10 LUNGES
- ☐ 10 BRIDGES
- ☐ 10 LEG KICKBACKS

DAY 2

- ☐ 11 SQUAT
- ☐ 11 LUNGES
- ☐ 11 BRIDGES
- ☐ 11 LEG KICKBACKS

DAY 3

- ☐ 12 SQUAT
- ☐ 12 LUNGES
- ☐ 12 BRIDGES
- ☐ 12 LEG KICKBACKS

DAY 4

- ☐ 13 SQUAT
- ☐ 13 LUNGES
- ☐ 13 BRIDGES
- ☐ 13 LEG KICKBACKS

DAY 5

- ☐ 14 SQUAT
- ☐ 14 LUNGES
- ☐ 14 BRIDGES
- ☐ 14 LEG KICKBACKS

DAY 6

- ☐ 15 SQUAT
- ☐ 15 LUNGES
- ☐ 15 BRIDGES
- ☐ 15 LEG KICKBACKS

DAY 7

- ☐ 16 SQUAT
- ☐ 16 LUNGES
- ☐ 16 BRIDGES
- ☐ 16 LEG KICKBACKS

DAY 8

- ☐ 17 SQUAT
- ☐ 17 LUNGES
- ☐ 17 BRIDGES
- ☐ 17 LEG KICKBACKS

DAY 9

- ☐ 18 SQUAT
- ☐ 18 LUNGES
- ☐ 18 BRIDGES
- ☐ 18 LEG KICKBACKS

DAY 10

- ☐ 19 SQUAT
- ☐ 19 LUNGES
- ☐ 19 BRIDGES
- ☐ 19 LEG KICKBACKS

DAY 11

- ☐ 20 SQUAT
- ☐ 20 LUNGES
- ☐ 20 BRIDGES
- ☐ 20 LEG KICKBACKS

DAY 12

- ☐ 21 SQUAT
- ☐ 21 LUNGES
- ☐ 21 BRIDGES
- ☐ 21 LEG KICKBACKS

DAY 13

- ☐ 22 SQUAT
- ☐ 22 LUNGES
- ☐ 22 BRIDGES
- ☐ 22 LEG KICKBACKS

DAY 14

- ☐ 23 SQUAT
- ☐ 23 LUNGES
- ☐ 23 BRIDGES
- ☐ 23 LEG KICKBACKS

DAY 15

- ☐ 24 SQUAT
- ☐ 24 LUNGES
- ☐ 24 BRIDGES
- ☐ 24 LEG KICKBACKS

DAY 16

- ☐ 25 SQUAT
- ☐ 25 LUNGES
- ☐ 25 BRIDGES
- ☐ 25 LEG KICKBACKS

DAY 17

- ☐ 26 SQUAT
- ☐ 26 LUNGES
- ☐ 26 BRIDGES
- ☐ 26 LEG KICKBACKS

DAY 18

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- ☐ 27 LUNGES
- ☐ 27 BRIDGES
- ☐ 27 LEG KICKBACKS

DAY 19

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- ☐ 28 LUNGES
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- ☐ 28 LEG KICKBACKS

DAY 20

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- ☐ 29 LEG KICKBACKS

DAY 21

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- ☐ 30 BRIDGES
- ☐ 30 LEG KICKBACKS

DAY 22

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- ☐ 31 LEG KICKBACKS

DAY 23

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- ☐ 32 LEG KICKBACKS

DAY 24

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- ☐ 33 BRIDGES
- ☐ 33 LEG KICKBACKS

DAY 25

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- ☐ 34 LUNGES
- ☐ 34 BRIDGES
- ☐ 34 LEG KICKBACKS

DAY 26

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- ☐ 35 LUNGES
- ☐ 35 BRIDGES
- ☐ 35 LEG KICKBACKS

DAY 27

- ☐ 36 SQUAT
- ☐ 36 LUNGES
- ☐ 36 BRIDGES
- ☐ 36 LEG KICKBACKS

DAY 28

- ☐ 37 SQUAT
- ☐ 37 LUNGES
- ☐ 37 BRIDGES
- ☐ 37 LEG KICKBACKS

DAY 29

- ☐ 38 SQUAT
- ☐ 38 LUNGES
- ☐ 38 BRIDGES
- ☐ 38 LEG KICKBACKS

DAY 30

- ☐ 39 SQUAT
- ☐ 39 LUNGES
- ☐ 39 BRIDGES
- ☐ 39 LEG KICKBACKS

BUTT WORKOUT 30 DAYS Challenge

Hard



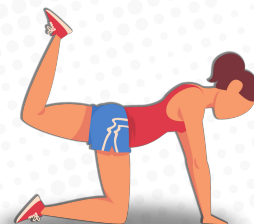
SQUAT



LUNGES



BRIDGES



LEG KICKBACKS

DAY 1

- ☐ 10 SQUAT
- ☐ 10 LUNGES
- ☐ 10 BRIDGES
- ☐ 10 LEG KICKBACKS

DAY 2

- ☐ 12 SQUAT
- ☐ 12 LUNGES
- ☐ 12 BRIDGES
- ☐ 12 LEG KICKBACKS

DAY 3

- ☐ 14 SQUAT
- ☐ 14 LUNGES
- ☐ 14 BRIDGES
- ☐ 14 LEG KICKBACKS

DAY 4

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- ☐ 16 LEG KICKBACKS

DAY 5

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DAY 6

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DAY 7

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DAY 8

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DAY 9

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DAY 10

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DAY 11

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DAY 14

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DAY 15

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DAY 16

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DAY 18

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- ☐ 56 LEG KICKBACKS

DAY 25

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DAY 26

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DAY 28

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DAY 29

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- ☐ 66 BRIDGES
- ☐ 66 LEG KICKBACKS

DAY 30

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- ☐ 68 LUNGES
- ☐ 68 BRIDGES
- ☐ 68 LEG KICKBACKS