

# May 2014



## Best Butt Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					2	3
					10 Single Leg Dead Lift, 10 Wide Sumo Squats, 12 Skater Squats, 10 Swing Lunges, 12 Butt Blasters, 30 Sec Plank Leg Lift	10 Single Leg Dead Lift, 10 Wide Sumo Squats, 12 Skater Squats, 10 Swing Lunges, 12 Butt Blasters, 30 Sec Plank Leg Lift
4	5	6	7	8	9	10
10 Single Leg Dead Lift, 10 Wide Sumo Squats, 12 Skater Squats, 10 Swing Lunges, 12 Butt Blasters, 30 Sec Plank Leg Lift	12 Single Leg Dead Lift, 12 Wide Sumo Squats, 14 Skater Squats, 12 Swing Lunges, 14 Butt Blasters, 35 Sec Plank Leg Lift	Rest Day	14 Single Leg Dead Lift, 14 Wide Sumo Squats, 16 Skater Squats, 14 Swing Lunges, 16 Butt Blasters, 40 Sec Plank Leg Lift	Rest Day	14 Single Leg Dead Lift, 14 Wide Sumo Squats, 16 Skater Squats, 14 Swing Lunges, 16 Butt Blasters, 40 Sec Plank Leg Lift	16 Single Leg Dead Lift, 16 Wide Sumo Squats, 18 Skater Squats, 16 Swing Lunges, 18 Butt Blasters, 45 Sec Plank Leg Lift
11	12	13	14	15	16	17
16 Single Leg Dead Lift, 16 Wide Sumo Squats, 18 Skater Squats, 16 Swing Lunges, 18 Butt Blasters, 45 Sec Plank Leg Lift	16 Single Leg Dead Lift, 16 Wide Sumo Squats, 18 Skater Squats, 16 Swing Lunges, 18 Butt Blasters, 45 Sec Plank Leg Lift	Rest Day	18 Single Leg Dead Lift, 18 Wide Sumo Squats, 20 Skater Squats, 18 Swing Lunges, 20 Butt Blasters, 50 Sec Plank Leg Lift	Rest Day	18 Single Leg Dead Lift, 18 Wide Sumo Squats, 20 Skater Squats, 18 Swing Lunges, 20 Butt Blasters, 50 Sec Plank Leg Lift	18 Single Leg Dead Lift, 18 Wide Sumo Squats, 20 Skater Squats, 18 Swing Lunges, 20 Butt Blasters, 50 Sec Plank Leg Lift
18	19	20	21	22	23	24
20 Single Leg Dead Lift, 20 Wide Sumo Squats, 22 Skater Squats, 20 Swing Lunges, 22 Butt Blasters, 55 Sec Plank Leg Lift	20 Single Leg Dead Lift, 20 Wide Sumo Squats, 22 Skater Squats, 20 Swing Lunges, 22 Butt Blasters, 55 Sec Plank Leg Lift	Rest Day	22 Single Leg Dead Lift, 22 Wide Sumo Squats, 24 Skater Squats, 22 Swing Lunges, 24 Butt Blasters, 60 Sec Plank Leg Lift	Rest Day	22 Single Leg Dead Lift, 22 Wide Sumo Squats, 24 Skater Squats, 22 Swing Lunges, 24 Butt Blasters, 60 Sec Plank Leg Lift	22 Single Leg Dead Lift, 22 Wide Sumo Squats, 24 Skater Squats, 22 Swing Lunges, 24 Butt Blasters, 60 Sec Plank Leg Lift
25	26	27	28	29	30	31
24 Single Leg Dead Lift, 24 Wide Sumo Squats, 26 Skater Squats, 24 Swing Lunges, 26 Butt Blasters, 65 Sec Plank Leg Lift	24 Single Leg Dead Lift, 24 Wide Sumo Squats, 26 Skater Squats, 24 Swing Lunges, 26 Butt Blasters, 65 Sec Plank Leg Lift	Rest Day	26 Single Leg Dead Lift, 26 Wide Sumo Squats, 28 Skater Squats, 26 Swing Lunges, 28 Butt Blasters, 70 Sec Plank Leg Lift	Rest Day	28 Single Leg Dead Lift, 28 Wide Sumo Squats, 30 Skater Squats, 28 Swing Lunges, 30 Butt Blasters, 75 Sec Plank Leg Lift	28 Single Leg Dead Lift, 28 Wide Sumo Squats, 30 Skater Squats, 28 Swing Lunges, 30 Butt Blasters, 75 Sec Plank Leg Lift

