

May
2015



Lovely Legs Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
Rest Day	1 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	1 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	1 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	1 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps
10	11	12	13	14	15	16
Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps
17	18	19	20	21	22	23
Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	2 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps
24	25	26	27	28	29	30
Rest Day	Boulder Bolder 10K	Rest Day	3 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	Rest Day	3 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps	3 Min of each: Hip Opener Squats Single Leg Balance Squat Mary Katherine Lunges Sneaky Lunges Wall Squat Squat Jumps

