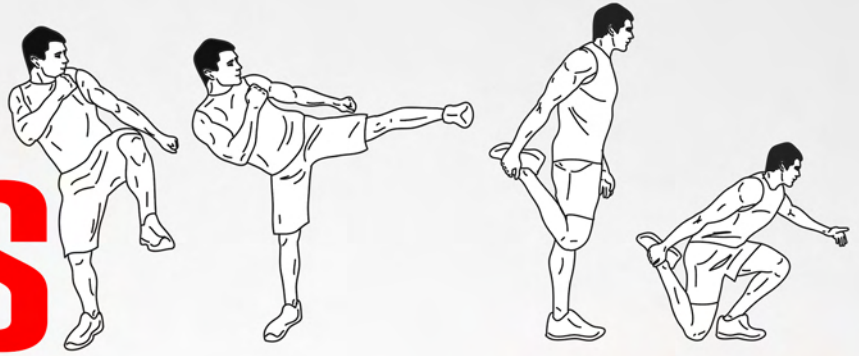


IRON GLUTES



30-DAY CHALLENGE

@ darebee.com

1 20 side kicks 1min rest 2 sets	2 8 shrimp squats 1min rest 2 sets	3 80 side kicks throughout the day	4 10 shrimp squats 1min rest 2 sets	5 24 side kicks 1min rest 2 sets
6 12 shrimp squats 1min rest 2 sets	7 100 side kicks throughout the day	8 8 shrimp squats 1min rest 3 sets	9 20 side kicks 1min rest 3 sets	10 10 shrimp squats 1min rest 3 sets
11 120 side kicks throughout the day	12 12 shrimp squats 1min rest 3 sets	13 24 side kicks 1min rest 3 sets	14 8 shrimp squats 1min rest 4 sets	15 140 side kicks throughout the day
16 10 shrimp squats 1min rest 4 sets	17 20 side kicks 1min rest 4 sets	18 12 shrimp squats 1min rest 4 sets	19 160 side kicks throughout the day	20 8 shrimp squats 1min rest 5 sets
21 24 side kicks 1min rest 4 sets	22 10 shrimp squats 1min rest 5 sets	23 180 side kicks throughout the day	24 12 shrimp squats 1min rest 5 sets	25 20 side kicks 1min rest 5 sets
26 8 shrimp squats 1min rest 6 sets	27 200 side kicks throughout the day	28 10 shrimp squats 1min rest 6 sets	29 24 side kicks 1min rest 5 sets	30 12 shrimp squats 1min rest 6 sets