

30 day

Boozy CHALLENGE

day 1 <ul style="list-style-type: none">• 15 squats• 5 bridges• 5 donkey Kicks	day 2 <ul style="list-style-type: none">• 15 squats• 5 bridges• 10 donkey Kicks	day 3 <ul style="list-style-type: none">• 20 squats• 5 bridges• 10 donkey Kicks	day 4 <ul style="list-style-type: none">• 20 squats• 10 bridges• 10 donkey Kicks	days 5 REST	day 6 <ul style="list-style-type: none">• 25 squats• 10 bridges• 10 donkey Kicks
day 7 <ul style="list-style-type: none">• 25 squats• 10 bridges• 10 donkey Kicks	day 8 <ul style="list-style-type: none">• 30 squats• 10 bridges• 15 donkey Kicks	day 9 <ul style="list-style-type: none">• 30 squats• 15 bridges• 15 donkey Kicks	day 10 REST	day 11 <ul style="list-style-type: none">• 35 squats• 15 bridges• 15 donkey Kicks	day 12 <ul style="list-style-type: none">• 35 squats• 15 bridges• 20 donkey Kicks
day 14 <ul style="list-style-type: none">• 40 squats• 20 bridges• 20 donkey Kicks	day 15 REST	day 16 <ul style="list-style-type: none">• 45 squats• 20 bridges• 20 donkey Kicks	day 17 <ul style="list-style-type: none">• 45 squats• 20 bridges• 20 donkey Kicks	day 18 <ul style="list-style-type: none">• 50 squats• 25 bridges• 25 donkey Kicks	day 19 <ul style="list-style-type: none">• 55 squats• 30 bridges• 30 donkey Kicks