

# 30 Day Guns, Buns & Ab Challenge

| Day 1                                      | Day 2                                      | Day 3                                      | Day 4                                      | Day 5                                      |
|--|--|--|--|--|
| 40 Squats<br>5 Push Ups<br>25 Leg Lifts    | 45 Squats<br>5 Push Ups<br>30 Leg Lifts    | 50 Squats<br>6 Push Ups<br>35 Leg Lifts    | <b>REST</b><br>7 Push Ups<br>40 Leg Lifts  | 60 Squats<br>8 Push Ups<br>45 Leg Lifts    |
| Day 6                                      | Day 7                                      | Day 8                                      | Day 9                                      | Day 10                                     |
| 65 Squats<br>9 Push Ups<br>50 Leg Lifts    | 70 Squats<br><b>REST</b><br>55 Leg Lifts   | <b>REST</b><br>8 Push Ups<br>60 Leg Lifts  | 90 Squats<br>9 Push Ups<br><b>REST</b>     | 95 Squats<br>10 Push Ups<br>65 Leg Lifts   |
| Day 11                                     | Day 12                                     | Day 13                                     | Day 14                                     | Day 15                                     |
| 100 Squats<br>10 Push Ups<br>70 Leg Lifts  | <b>REST</b><br>11 Push Ups<br>75 Leg Lifts | 120 Squats<br>12 Push Ups<br>80 Leg Lifts  | 125 Squats<br><b>REST</b><br>85 Leg Lifts  | 130 Squats<br>13 Push Ups<br>90 Leg Lifts  |
| Day 16                                     | Day 17                                     | Day 18                                     | Day 19                                     | Day 20                                     |
| <b>REST</b><br>15 Push Ups<br>95 Leg Lifts | 140 Squats<br>17 Push Ups<br>100 Leg Lifts | 145 Squats<br>17 Push Ups<br><b>REST</b>   | 150 Squats<br>19 Push Ups<br>50 Leg Lifts  | <b>REST</b><br>20 Push Ups<br>60 Leg Lifts |
| Day 21                                     | Day 22                                     | Day 23                                     | Day 24                                     | Day 25                                     |
| 180 Squats<br><b>REST</b><br>70 Leg Lifts  | 185 Squats<br>23 Push Ups<br>75 Leg Lifts  | 190 Squats<br>26 Push Ups<br>80 Leg Lifts  | <b>REST</b><br>28 Push Ups<br>85 Leg Lifts | 200 Squats<br>30 Push Ups<br><b>REST</b>   |
| Day 26                                     | Day 27                                     | Day 28                                     | Day 29                                     | Day 30                                     |
| 225 Squats<br>32 Push Ups<br>80 Leg Lifts  | 230 Squats<br>34 Push Ups<br>85 Leg Lifts  | <b>REST</b><br>36 Push Ups<br>90 Leg Lifts | 240 Squats<br>38 Push Ups<br>95 Leg Lifts  | 250 Squats<br>40 Push Ups<br>100 Leg Lifts |

***Complete ALL moves even if you have to break them up into sets!!***

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