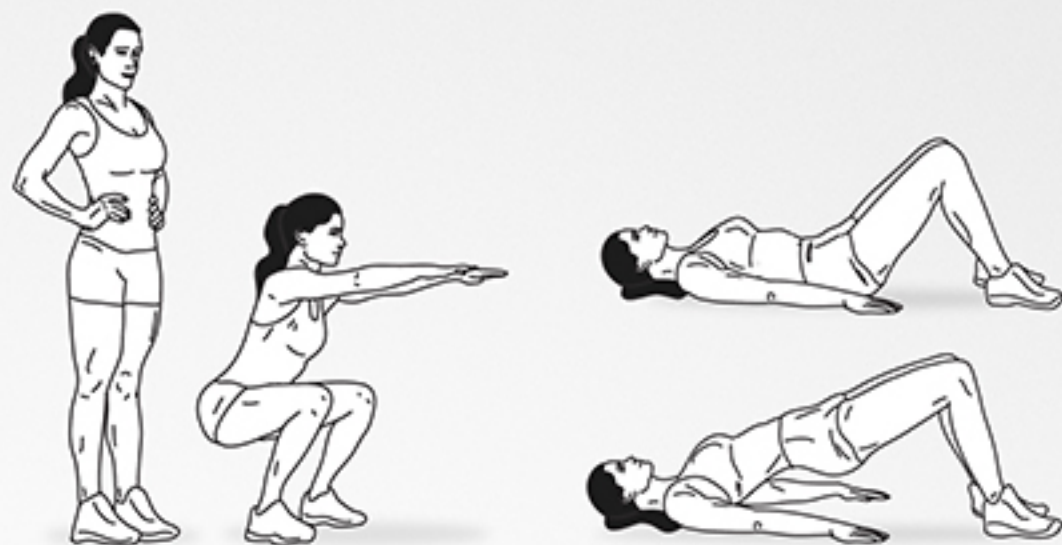


EPIC GLUTES



— 30-DAY CHALLENGE —

@ darebee.com

1 26 bridges 10-count hold 4 sets 30sec rest	2 26 squats 10-count hold 4 sets 30sec rest	3 26 bridges 10-count hold 4 sets 30sec rest	4 26 squats 10-count hold 4 sets 30sec rest	5 28 bridges 10-count hold 4 sets 30sec rest
6 28 squats 10-count hold 4 sets 30sec rest	7 28 bridges 10-count hold 4 sets 30sec rest	8 28 squats 10-count hold 4 sets 30sec rest	9 30 bridges 10-count hold 4 sets 30sec rest	10 30 squats 10-count hold 4 sets 30sec rest
11 30 bridges 10-count hold 4 sets 30sec rest	12 30 squats 10-count hold 4 sets 30sec rest	13 32 bridges 10-count hold 4 sets 30sec rest	14 32 squats 10-count hold 4 sets 30sec rest	15 32 bridges 10-count hold 4 sets 30sec rest
16 32 squats 10-count hold 4 sets 30sec rest	17 34 bridges 10-count hold 4 sets 30sec rest	18 34 squats 10-count hold 4 sets 30sec rest	19 34 bridges 10-count hold 4 sets 30sec rest	20 34 squats 10-count hold 4 sets 30sec rest
21 36 bridges 10-count hold 4 sets 30sec rest	22 36 squats 10-count hold 4 sets 30sec rest	23 36 bridges 10-count hold 4 sets 30sec rest	24 36 squats 10-count hold 4 sets 30sec rest	25 38 bridges 10-count hold 4 sets 30sec rest
26 38 squats 10-count hold 4 sets 30sec rest	27 38 bridges 10-count hold 4 sets 30sec rest	28 38 squats 10-count hold 4 sets 30sec rest	29 40 bridges 10-count hold 4 sets 30sec rest	30 40 squats 10-count hold 4 sets 30sec rest