



Buns & Guns 30 Day Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
		1 40 Squats 5 bicep curls 5 tricep dips 25 bridges	2 45 Squats 6 bicep curls 6 tricep dips 30 bridges	3 50 Squats 7 bicep curls 7 tricep dips 35 bridges	4 REST 7 bicep curls 7 tricep dips 40 bridges	5 60 Squats 8 bicep curls 8 tricep dips 45 bridges
6 65 Squats 9 bicep curls 9 tricep dips 50 bridges	7 70 Squats REST 55 bridges	8 REST 10 bicep curls 10 tricep dips 60 bridges	9 90 Squats 11 bicep curls 11 tricep dips REST	10 95 Squats 12 bicep curls 12 tricep dips 65 bridges	11 100 Squats 13 bicep curls 13 tricep dips 70 bridges	12 REST 14 bicep curls 14 tricep dips 75 bridges
13 105 Squats 15 bicep curls 15 tricep dips 80 bridges	14 125 Squats REST 85 bridges	15 130 Squats 16 bicep curls 16 tricep dips 90 bridges	16 REST 17 bicep curls 17 tricep dips 95 bridges	17 140 Squats 18 bicep curls 18 tricep dips 100 bridges	18 145 Squats 19 bicep curls 19 tricep dips REST	19 150 Squats 20 bicep curls 20 tricep dips 105 Bridges
20 REST 21 bicep curls 21 tricep dips 110 Bridges	21 170 Squats REST 115 Bridges	22 175 Squats 22 bicep curls 22 tricep dips 120 Bridges	23 180 Squats 23 bicep curls 23 tricep dips 125 Bridges	24 REST 24 bicep curls 24 tricep dips 130 Bridges	25 200 Squats 25 bicep curls 25 tricep dips	26 220 Squats 26 bicep curls 26 tricep dips 140 bridges

27 REST 27 bicep curls 27 tricep dips 145 bridges	28 REST 28 bicep curls 28 tricep dips 150 bridges	29 230 Squats 29 bicep curls 29 tricep dips 155 bridges	30 240 squats 30 bicep curls 30 tricep dips 160 bridges			