



June “Lunging in the Sun” Challenge



SUNDAY	MONDAY	TUESDAY- 1	WEDNESDAY- 2	THURSDAY- 3	FRIDAY- 4	SATURDAY
		10 Lunges (2 sets of 5)	12 Lunges (2 sets of 6)	REST	14 Lunges (2 sets of 7)	
SUNDAY	7 14 Lunges (2 sets of 7)	8 16 Lunges (2 sets of 8)	9 REST	10 16 Lunges (2 sets of 8)	11 18 Lunges (2 sets of 9)	SATURDAY
SUNDAY	14 18 Lunges (2 sets of 9)	15 20 Lunges (2 sets of 10)	16 REST	17 20 Lunges (2 sets of 10)	18 22 Lunges (2 sets of 11)	SATURDAY
SUNDAY	21 24 Lunges (2 sets of 12)	22 24 Lunges (2 sets of 12)	23 REST	24 26 Lunges (2 Sets of 13)	25 26 Lunges (2 sets of 13)	SATURDAY
SUNDAY	28 28 Lunges (2 sets of 14)	29 28 Lunges (2 sets of 14)	30 30 Lunges (3 sets of 10)			SATURDAY