

V77 Challenges

Shoulder Bridge Challenge

☐ Day 1 14 Repetitions

☐ Day 2 15 Repetitions

☐ Day 3 16 Repetitions

Day 4 Rest Day

☐ Day 5 17 Repetitions

☐ Day 6 18 Repetitions

☐ Day 7 19 Repetitions

Day 8 Rest Day

☐ Day 9 20 Repetitions

☐ Day 10 20 Repetitions

☐ Day 11 20 Repetitions

Day 12 Rest Day

☐ Day 13 21 Repetitions

☐ Day 14 22 Repetitions

☐ Day 15 23 Repetitions

Day 16 Rest Day

☐ Day 17 24 Repetitions

☐ Day 18 25 Repetitions

☐ Day 19 26 Repetitions

Day 20 Rest Day

☐ Day 21 27 Repetitions

☐ Day 22 28 Repetitions

☐ Day 23 29 Repetitions

Day 24 Rest Day

☐ Day 25 30 Repetitions

☐ Day 26 30 Repetitions

☐ Day 27 30 Repetitions

Day 28 Rest Day

☐ Day 29 35 Repetitions

☐ Day 30 40 Repetitions

REMINDERS

Roll through your spine to protect
your back

NOTES

If you would like to increase the challenge
you can double the number you do each
day
or
change your shoulder bridge