

V77 Challenges

Bums & Tums Challenge

☐ Day 1 A: 10 Reps

☐ Day 2 B: 10 Reps

☐ Day 3 C: 10 Reps

Day 4 Rest Day

☐ Day 5 A: 15 Reps

☐ Day 6 B: 15 Reps

☐ Day 7 C: 15 Reps

Day 8 Rest Day

☐ Day 9 A: 20 Reps

☐ Day 10 B: 20 Reps

☐ Day 11 C: 20 Reps

Day 12 Rest Day

☐ Day 13 A: 25 Reps

☐ Day 14 B: 25 Reps

☐ Day 15 C: 25 Reps

Day 16 Rest Day

☐ Day 17 A: 30 Reps

☐ Day 18 B: 30 Reps

☐ Day 19 C: 30 Reps

Day 20 Rest Day

☐ Day 21 A: 35 Reps

☐ Day 22 B: 35 Reps

☐ Day 23 C: 35 Reps

Day 24 Rest Day

☐ Day 25 A: 40 Reps

☐ Day 26 B: 40 Reps

☐ Day 27 C: 40 Reps

Day 28 Rest Day

☐ Day 29 A/B/C: 45 Reps

☐ Day 30 A/B/C: 45 Reps

REMINDERS

Day 1 - set A

Day 2 - set B

Day 3 - set C

Day 4 - rest day

Day 5 - set A ... keep repeating

NOTES

Set A: Donkey Kicks, Ab Curls.

Set B: Shoulder Bridge, Criss Cross

Set C: Floor Plié, V Sits