



PHYSICAL THERAPY
- & -
INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

303-757-1554

30 DAY GUNS, BUNS, & ABS CHALLENGE

(WE WERE NICE AND GAVE YOU WEEKENDS OFF)

M	T	W	TH	F
50 Squats 5 Push Ups 25 Leg Lifts	55 Squats 5 Push Ups 30 Leg Lifts	60 Squats 7 Push Ups 30 Leg Lifts	Squat Rest 7 Push Ups 40 Leg Lifts	70 Squats 8 Push Ups 45 Leg Lifts
75 Squats 9 Push Ups 50 Leg Lifts	80 squats Push Up Rest 55 Leg Lifts	Squat Rest 8 Push Ups 60 Leg Lifts	100 Squats 9 Push Ups Leg Lift Rest	105 Squats 10 Push Ups 65 Leg Lifts
110 Squats 10 Push Ups 75 Leg Lifts	Squat Rest 12 Push Ups 80 Leg Lifts	130 Squats 12 Push Ups 85 Leg Lifts	135 Squats Push Up Rest 90 Leg Lifts	140 Squats 13 Push Ups 95 Leg Lifts
Squats Rest 15 Push Ups 100 Leg Lifts	150 Squats 16 Push Ups Leg Lift Rest	155 Squats 16 Push Ups 100 Leg Lifts	160 Squats 19 Push Ups 50 Leg Lifts	Squat Rest 21 Push Ups 60 Leg Lifts
180 Squats Push Up Rest 70 Leg Lifts	185 Squats 23 Push Ups 75 Leg Lifts	190 Squats 26 Push Ups 80 Leg Lifts	Squat Rest 28 Push Ups 85 Leg Lifts	200 Squats 30 Push Ups Leg Lift Rest
225 Squats 32 Push Ups 80 Leg Lifts	230 Squats 34 Push Ups 85 Leg Lifts	Squat Rest 36 Push Ups 90 Leg Lifts	240 Squats 38 Push Ups 95 Leg Lifts	250 Squats 40 Push Ups 100 Leg Lifts

COMPLETE ALL MOVES EVEN IF YOU HAVE TO SPLIT THEM UP THROUGHOUT THE DAY