

30 DAYS **BOOTY BLASTER** STRONG & SEXY CHALLENGE



| WOCHE 1 | WOCHE 2 | WOCHE 3 | WOCHE 4 |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| TAG 1 | TAG 1 | TAG 1 | TAG 1 |
| 4 RUNDEN | 5 RUNDEN | 5 RUNDEN | 5 RUNDEN |
| #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS |
| #A1-SQUAT 10REPS | #A1-SQUAT 10REPS | #A1-SQUAT 10REPS | #A1-SQUAT 10REPS |
| #E2-WEIGHTED SIT UP 10REPS | #E2-WEIGHTED SIT UP 10REPS | #E2-WEIGHTED SIT UP 10REPS | #E2-WEIGHTED SIT UP 10REPS |
| #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS |
| #D3-PUSHUP 6REPS | #D3-PUSHUP 6REPS | #D3-PUSHUP 6REPS | #D3-PUSHUP 6REPS |
| TAG 2 | TAG 2 | TAG 2 | TAG 2 |
| ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH |
| TAG 3 | TAG 3 | TAG 3 | TAG 3 |
| 4 RUNDEN | 4 RUNDEN | 4 RUNDEN | 4 RUNDEN |
| #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS |
| #A4-SUMO SQUAT 10REPS | #A4-SUMO SQUAT 10REPS | #A4-SUMO SQUAT 10REPS | #A4-SUMO SQUAT 10REPS |
| #B2-SINGLE LEG DEADLIFT 6/6REPS | #B2-SINGLE LEG DEADLIFT 6/6REPS | #B2-SINGLE LEG DEADLIFT 6/6REPS | #B2-SINGLE LEG DEADLIFT 6/6REPS |
| #D5-BURPEE 10REPS | #D5-BURPEE 10REPS | #D5-BURPEE 10REPS | #D5-BURPEE 10REPS |
| #D7-BOOTY BRIDGE 10REPS | #D7-BOOTY BRIDGE 10REPS | #D7-BOOTY BRIDGE 10REPS | #D7-BOOTY BRIDGE 10REPS |
| TAG 4 | TAG 4 | TAG 4 | TAG 4 |
| ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH | ACTIVE REST YOGA/ STRETCH |
| TAG 5 | TAG 5 | TAG 5 | TAG 5 |
| 4 RUNDEN | 4 RUNDEN | 4 RUNDEN | 4 RUNDEN |
| #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS |
| #A3-SPLIT SQUAT 6/6REPS | #A3-SPLIT SQUAT 6/6REPS | #A3-SPLIT SQUAT 6/6REPS | #A3-SPLIT SQUAT 6/6REPS |
| #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS | #B1-DEADLIFT 10REPS |
| #E1-RUSSIAN TWIST 10/10REPS | #E1-RUSSIAN TWIST 10/10REPS | #E1-RUSSIAN TWIST 10/10REPS | #E1-RUSSIAN TWIST 10/10REPS |
| #C4-BENT OVER ROW 10REPS | #C4-BENT OVER ROW 10REPS | #C4-BENT OVER ROW 10REPS | #C4-BENT OVER ROW 10REPS |
| TAG 6 | TAG 6 | TAG 6 | TAG 6 |
| ENDURANCE | ENDURANCE | ENDURANCE | ENDURANCE |
| #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS | #E9-BIRD DOG 10/10REPS |
| 8 RUNDEN | 8 RUNDEN | 8 RUNDEN | 8 RUNDEN |
| 200M RUN FAST | 200M RUN FAST | 200M RUN FAST | 200M RUN FAST |
| #E3-L-SIT 10SEC HALTEN | #E3-L-SIT 10SEC HALTEN | #E3-L-SIT 10SEC HALTEN | #E3-L-SIT 10SEC HALTEN |
| #E8-SUPERWOMEN HOLD 10SEC | #E8-SUPERWOMEN HOLD 10SEC | #E8-SUPERWOMEN HOLD 10SEC | #E8-SUPERWOMEN HOLD 10SEC |
| TAG 7 | TAG 7 | TAG 7 | TAG 7 |
| FULL REST NETFLIX&CHILL | FULL REST NETFLIX&CHILL | FULL REST NETFLIX&CHILL | FULL REST NETFLIX&CHILL |

