

March Challenge

Day 1: 100 squats

Day 2: 50 hamstring curls per leg

Day 3: 50 inner thigh lifts per leg

Day 4: 50 lateral leg lifts per leg

Day 5: 100 calf raises

Day 6: 50 clamshells per leg

Day 7: rest

Day 8: 100 goblet squats

Day 9: 50 good mornings & reverse lunge

Day 10: 50 inner thigh circles per leg

Day 11: 50 side lying leg lifts per leg

Day 12: 30 single leg calf raises per leg

Day 13: 100 bridges

Day 14: rest

Day 15: 100 sumo squats

Day 16: 50 donkey kick & hamstring curl per leg

Day 17: 100 rainbow leg lifts

Day 18: 50 side lying inverted knee extensions

Day 19: 50 seated calf raises

Day 20: 50 hip thrusts

Day 21: rest

Day 22: 50 quad extensions per leg

Day 23: 50 hamstring kickbacks per leg

Day 24: 50 leg circles per leg

Day 25: 50 side lying bent knee leg lifts

Day 26: 100 calf raises

Day 27: 50 standing glute lifts per leg

Day 28: rest

Day 29: 50 standing knee lifts per leg

Day 30: 50 supine leg lifts per leg

Day 31: 50 step ups per leg