

## 30 Day Buns, Guns, & Abs Challenge

\*\*\*\*ADVANCED PEOPLE SHOULD START OFF DOING AT LEAST 3 SETS\*\*\*\*

<b>Day 1</b> 10 Squats 5 Pushups 15 Leg Lifts	<b>Day 2</b> 15 Squats 5 Pushups 15 Leg Lifts	<b>Day 3</b> 15 Squats 7 Pushups 20 Leg Lifts	<b>Day 4</b> Squat Rest 7 Pushups 25 Leg Lifts	<b>Day 5</b> 20 Squats 8 Pushups 30 Leg Lifts	<b>Day 6</b> 25 Squats 9 Pushups 30 Leg Lifts	<b>Day 7</b> 30 Squats Pushup Rest 35 Leg Lifts
<b>Day 8</b> Squat Rest 9 Push Ups 35 Leg Lifts	<b>Day 9</b> 35 Squats 9 Push Ups Leg Lifts Rest	<b>Day 10</b> 40 Squats 10 Pushups 40 Leg Lifts	<b>Day 11</b> 45 Squats 10 Pushups 45 Leg Lifts	<b>Day 12</b> Squat Rest 12 Pushups 45 Leg Lifts	<b>Day 13</b> 50 Squats 12 Pushups 50 Leg Lifts	<b>Day 14</b> 55 Squats Pushup Rest 50 Leg Lifts
<b>Day 15</b> 55 Squats 13 Pushups 55 Leg Lifts	<b>Day 16</b> Squat Rest 15 Pushups 60 Leg Lifts	<b>Day 17</b> 60 Squats 16 Pushups Leg Lift Rest	<b>Day 18</b> 65 Squats 16 Pushups 65 Leg Lifts	<b>Day 19</b> 70 Squats 18 Pushups 70 Leg Lifts	<b>Day 20</b> Squat Rest 20 Pushups 75 Leg Lifts	<b>Day 21</b> 75 Squats Pushup Rest 75 Leg Lifts
<b>Day 22</b> 75 Squats 22 Pushups Leg Lift Rest	<b>Day 23</b> 80 Squats 23 Pushups 80 Leg Lifts	<b>Day 24</b> Squat Rest 24 Pushups 85 Leg Lifts	<b>Day 25</b> 85 Squats 25 Pushups Leg Lift Rest	<b>Day 26</b> 85 Squats 26 Pushups 90 Leg Lifts	<b>Day 27</b> 90 Squats 30 Pushups 90 Leg Lifts	<b>Day 28</b> Squat Rest 35 Pushups 95 Leg Lifts
<b>Day 29</b> 95 Squats 35 Pushups 95 Leg Lifts	<b>Day 30</b> 100 Squats 40 Pushups 100 Leg Lifts					

**ADVANCED PEOPLE: PLEASE FEEL FREE TO DO MORE THAN WHAT IS LISTED!!!!**

# The 28 Day Plan Buns And Abs

**Huangqi Zhang**



## **The 28 Day Plan Buns And Abs:**

## **The 28 Day Plan Buns And Abs** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **The 28 Day Plan Buns And Abs**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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## **The 28 Day Plan Buns And Abs Introduction**

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