

# 30 Day

# SLIM THIGH Challenge



High Knee Raise

A

## DAY 1

- 10 A Squat 5 + Right 5
- 10 B Squat 5 + Right 5
- 10 C Squat 5 + Right 5
- 10 D Squat 5 + Right 5
- 10 E Squat 5 + Right 5

## DAY 6

- 20 A Squat 10 + Right 10
- 20 B Squat 10 + Right 10
- 20 C Squat 10 + Right 10
- 20 D Squat 10 + Right 10
- 20 E Squat 10 + Right 10

## DAY 11

- 30 A Squat 15 + Right 15
- 30 B Squat 15 + Right 15
- 30 C Squat 15 + Right 15
- 30 D Squat 15 + Right 15
- 30 E Squat 15 + Right 15

## DAY 16

- 40 A Squat 20 + Right 20
- 40 B Squat 20 + Right 20
- 40 C Squat 20 + Right 20
- 40 D Squat 20 + Right 20
- 40 E Squat 20 + Right 20

## DAY 21

- 50 A Squat 25 + Right 25
- 50 B Squat 25 + Right 25
- 50 C Squat 25 + Right 25
- 50 D Squat 25 + Right 25
- 50 E Squat 25 + Right 25



High Donkey Kicks

B

## DAY 2

- 12 A Squat 6 + Right 6
- 12 B Squat 6 + Right 6
- 12 C Squat 6 + Right 6
- 12 D Squat 6 + Right 6
- 12 E Squat 6 + Right 6

## DAY 7

- 22 A Squat 11 + Right 11
- 22 B Squat 11 + Right 11
- 22 C Squat 11 + Right 11
- 22 D Squat 11 + Right 11
- 22 E Squat 11 + Right 11

## DAY 12

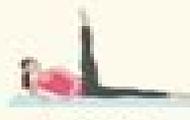
- 32 A Squat 16 + Right 16
- 32 B Squat 16 + Right 16
- 32 C Squat 16 + Right 16
- 32 D Squat 16 + Right 16
- 32 E Squat 16 + Right 16

## DAY 17

- 42 A Squat 21 + Right 21
- 42 B Squat 21 + Right 21
- 42 C Squat 21 + Right 21
- 42 D Squat 21 + Right 21
- 42 E Squat 21 + Right 21

## DAY 22

- 52 A Squat 26 + Right 26
- 52 B Squat 26 + Right 26
- 52 C Squat 26 + Right 26
- 52 D Squat 26 + Right 26
- 52 E Squat 26 + Right 26



Leg raise

C

## DAY 3

- 14 A Squat 7 + Right 7
- 14 B Squat 7 + Right 7
- 14 C Squat 7 + Right 7
- 14 D Squat 7 + Right 7
- 14 E Squat 7 + Right 7

## DAY 8

- 24 A Squat 12 + Right 12
- 24 B Squat 12 + Right 12
- 24 C Squat 12 + Right 12
- 24 D Squat 12 + Right 12
- 24 E Squat 12 + Right 12

## DAY 13

- 34 A Squat 17 + Right 17
- 34 B Squat 17 + Right 17
- 34 C Squat 17 + Right 17
- 34 D Squat 17 + Right 17
- 34 E Squat 17 + Right 17

## DAY 18

- 44 A Squat 22 + Right 22
- 44 B Squat 22 + Right 22
- 44 C Squat 22 + Right 22
- 44 D Squat 22 + Right 22
- 44 E Squat 22 + Right 22

## DAY 23

- 54 A Squat 27 + Right 27
- 54 B Squat 27 + Right 27
- 54 C Squat 27 + Right 27
- 54 D Squat 27 + Right 27
- 54 E Squat 27 + Right 27



Curtsy Lunge

D

## DAY 4

- 16 A Squat 8 + Right 8
- 16 B Squat 8 + Right 8
- 16 C Squat 8 + Right 8
- 16 D Squat 8 + Right 8
- 16 E Squat 8 + Right 8

## DAY 9

- 26 A Squat 13 + Right 13
- 26 B Squat 13 + Right 13
- 26 C Squat 13 + Right 13
- 26 D Squat 13 + Right 13
- 26 E Squat 13 + Right 13

## DAY 14

- 36 A Squat 18 + Right 18
- 36 B Squat 18 + Right 18
- 36 C Squat 18 + Right 18
- 36 D Squat 18 + Right 18
- 36 E Squat 18 + Right 18

## DAY 19

- 46 A Squat 23 + Right 23
- 46 B Squat 23 + Right 23
- 46 C Squat 23 + Right 23
- 46 D Squat 23 + Right 23
- 46 E Squat 23 + Right 23

## DAY 24

- 56 A Squat 28 + Right 28
- 56 B Squat 28 + Right 28
- 56 C Squat 28 + Right 28
- 56 D Squat 28 + Right 28
- 56 E Squat 28 + Right 28



Bulgarian Split Squat

E

## DAY 5

- 18 A Squat 9 + Right 9
- 18 B Squat 9 + Right 9
- 18 C Squat 9 + Right 9
- 18 D Squat 9 + Right 9
- 18 E Squat 9 + Right 9

## DAY 10

- 28 A Squat 14 + Right 14
- 28 B Squat 14 + Right 14
- 28 C Squat 14 + Right 14
- 28 D Squat 14 + Right 14
- 28 E Squat 14 + Right 14

## DAY 15

- 38 A Squat 19 + Right 19
- 38 B Squat 19 + Right 19
- 38 C Squat 19 + Right 19
- 38 D Squat 19 + Right 19
- 38 E Squat 19 + Right 19

## DAY 20

- 48 A Squat 24 + Right 24
- 48 B Squat 24 + Right 24
- 48 C Squat 24 + Right 24
- 48 D Squat 24 + Right 24
- 48 E Squat 24 + Right 24

## DAY 25

- 58 A Squat 29 + Right 29
- 58 B Squat 29 + Right 29
- 58 C Squat 29 + Right 29
- 58 D Squat 29 + Right 29
- 58 E Squat 29 + Right 29

# 30 Days To Thinner Thighs

**Clifford Lane**



## **30 Days To Thinner Thighs:**

## Adopting the Tune of Appearance: An Emotional Symphony within **30 Days To Thinner Thighs**

In some sort of eaten by screens and the ceaseless chatter of immediate interaction, the melodic elegance and psychological symphony created by the prepared term usually diminish in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. However, situated within the pages of **30 Days To Thinner Thighs** a marvelous literary treasure filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that charming masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of this touching evaluation, we will investigate the book is main harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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