

# 30-Day Booty Challenge



Day 1 60 squats  
60 hip thrusts

Day 2 70 squats  
70 hip thrusts

Day 3 80 squats  
80 hip thrusts

Day 4 25 Bulgarian Split Squats  
25 one-leg foot-elevated bridges

Day 5 90 squats  
90 hip thrusts

Day 6 100 squats  
100 hip thrusts

Day 7 REST

Day 8 30 Bulgarian Split Squats  
30 One-leg foot-elevated bridges

Day 9 110 squats  
110 hip thrusts

Day 10 120 squats  
120 hip thrusts

Day 11 35 Bulgarian Split Squats  
35 one-leg foot-elevated bridges

Day 12 130 squats  
130 hip thrusts

Day 13 140 squats  
140 hip thrusts

Day 14 REST

Day 15 150 squats  
150 hip thrusts

160 squats  
160 hip thrusts  
40 Bulgarian Split Squats  
40 one-leg foot-elevated bridges

170 squats  
170 hip thrusts  
180 squats  
180 hip thrusts  
190 squats  
190 hip thrusts

REST

45 Bulgarian Split Squats  
45 One-leg foot-elevated bridges

200 squats  
200 hip thrusts  
210 squats  
210 hip thrusts  
220 squats  
220 hip thrusts  
230 squats  
230 hip thrusts

50 Bulgarian Split Squats  
50 one-leg foot-elevated bridges

REST

240 squats  
240 hip thrusts  
250 squats  
250 hip thrusts

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30



**Chicago Fit  
PERFORMANCE**