

# BUNS & GUNS CHALLENGE



All of these exercises can be done with bodyweight only, but please, if you can, add weights to a lot of the lower body moves! These short challenges are meant to be done in addition to your regular workouts, so I suggest you only do one round of the days' circuit. However, if you are doing these workouts alone, you can do up to 3 rounds per circuit.

## WEEK 1

### WEDNESDAY

10 Squats  
10 Curtsy Lunges  
10 Frog Hops

### THURSDAY

5 Wide Push-Ups  
5 Narrow Push-Ups  
10 Tricep Dips

### FRIDAY

12 Squats  
12 Sumo Squats  
12 Reverse Lunges  
12 Sumo Squat Hops

*For all the single-leg or single-arm movements, you will split the number of reps among both sides.*

*For example, "12 lunges" means six lunges each leg.*

### SATURDAY

10 Plank Walks  
10 Push-Up to Side Plank  
10 Bird Dogs

### SUNDAY

Rest & Stretch

### MONDAY

15 Squats  
15 Single Leg Donkey Kicks  
15 Step Tap Backs  
15 Ninja Kickbacks

### TUESDAY

8 Wide Push-Ups  
8 Narrow Push-Ups  
15 Tricep Dips