

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 2

WEDNESDAY

- 18 Squats
- 18 Curtsy Lunge to Knee Up
- 18 Frog Hops
- 18 Glute Bridges

THURSDAY

- 10 Decline Push-Ups
- 10 Donkey Kicks
- 1 Wall Walk Handstand

FRIDAY

- 20 Squats
- 15 Stationary Lunges - L
- 15 Stationary Lunges - R
- 15 OneLeg Glute Bridge-L
- 15 OneLeg Glute Bridge-R

SATURDAY

- 12 Plank Walks
- 12 Push-Up to Side Plank
- 12 Bird Dogs
- 12 High to Low Planks

SUNDAY

Rest & Stretch

MONDAY

- 25 Squats
- 20 Single Leg Donkey Kicks
- 20 Step Tap Backs
- 20 Ninja Kickbacks

TUESDAY

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

WEDNESDAY

- 30 Squats
- 10 Lateral Step Up - R
- 10 Lateral Step Up - L
- 10 Reverse Lunge to Rear Leg Lift - R
- 10 Reverse Lunge to Rear Leg Lift - L