

30 Day

SLIM THIGH Challenge



High Knee Raise

A

DAY 1

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



High Donkey Kicks

B

DAY 2

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



Leg raise

C

DAY 3

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



Curtsy Lunge

D

DAY 4

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



Bulgarian Split Squat

E

DAY 5

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

DAY 6

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

DAY 7

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

DAY 8

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

DAY 9

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

DAY 10

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

DAY 11

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

DAY 12

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

DAY 13

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

DAY 14

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

DAY 15

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

DAY 16

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

DAY 17

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

DAY 18

- ☐ 44 A Squat 22 + Right 22a
- ☐ 44 B Squat 22 + Right 22a
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- ☐ 44 D Squat 22 + Right 22a
- ☐ 44 E Squat 22 + Right 22a

DAY 19

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

DAY 20

- ☐ 48 A Squat 24 + Right 24a
- ☐ 48 B Squat 24 + Right 24a
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- ☐ 48 D Squat 24 + Right 24a
- ☐ 48 E Squat 24 + Right 24a

DAY 21

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

DAY 22

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

DAY 23

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

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- ☐ 56 A Squat 28 + Right 28a
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- ☐ 56 D Squat 28 + Right 28a
- ☐ 56 E Squat 28 + Right 28a

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

30 Days To Thinner Thighs

TD Snyder



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