

Chilli Firm Bottom Challenge

Day 1 15 Squats, 5 bridges, 10 Lunges	Day 2 20 Squats, 5 bridges, 10 Lunges	Day 3 20 Squats, 10 bridges, 15 Lunges	Day 4 Rest/Stretch
Day 5 35 Squats, 10 bridges, 20 Lunges	Day 6 30 Squats, 15 bridges, 20 Lunges	Day 7 35 Squats, 15 bridges, 20 Lunges	Day 8 Rest/Stretch
Day 9 35 Squats, 20 bridges, 20 Lunges	Day 10 40 Squats, 20 bridges, 24 Lunges	Day 11 40 Squats, 25 bridges, 24 Lunges	Day 12 Rest/Stretch
Day 13 45 Squats, 30 bridges, 24 Lunges	Day 14 50 Squats, 30 bridges, 26 Lunges	Day 15 50 Squats, 30 bridges, 26 Lunges	Day 16 Rest/Stretch
Day 17 55 Squats, 35 bridges, 26 Lunges	Day 18 55 Squats, 40 bridges, 28 Lunges	Day 19 60 Squats, 40 bridges, 28 Lunges	Day 20 Rest/Stretch
Day 21 60 Squats, 45 bridges, 30 Lunges	Day 22 65 Squats, 45 bridges, 30 Lunges	Day 23 65 Squats, 50 bridges, 32 Lunges	Day 24 Rest/Stretch
Day 25 70 Squats, 50 bridges, 34 Lunges	Day 26 70 Squats, 55 bridges, 34 Lunges	Day 27 75 Squats, 55 bridges, 36 Lunges	Day 28 Rest/Stretch
Day 29 80 Squats, 60 bridges, 38 Lunges	Day 30 90 Squats, 60 bridges, 40 Lunges	Well done!	

Squat



Bridge



Lunge



Squat – Weight the heels, look forward, chest up.

Bridge – hips up, squeeze glutes, hold for 2 seconds and return to floor.

Lunge – Count each left and right lunge. Make two right angles at the knee with front and back leg. DON'T drop the back knee to the floor.