

GoodtoKnow

# THE 30-DAY WOBBLY THIGH CHALLENGE!

Say hello to legs you love!

<b>DAY 1</b> Isometric wall squat hold 10 secs F/B lunges 3 each leg alternate x 1 set	<b>DAY 2</b> Isometric wall squat hold 10 secs Lateral duck walks 5 each way x 1 set	<b>DAY 3</b> Isometric wall squat hold 10 secs Air squats 8 reps x 1 set	<b>DAY 4</b> <b>REST</b>	<b>DAY 5</b> Isometric wall squat hold 15 secs F/B lunges 4 each leg alternate x 1 set	<b>DAY 6</b> Isometric wall squat hold 15 secs Lateral duck walks 6 each way x 1 set	<b>DAY 7</b> Isometric wall squat hold 15 secs Air squats 10 reps x 1 set	<b>DAY 8</b> <b>REST</b>	<b>DAY 9</b> Isometric wall squat hold 20 secs F/B lunges 5 each leg alternate x 1 set	<b>DAY 10</b> Isometric wall squat hold 20 secs Lateral duck walks 6 each way x 1 set
<b>DAY 11</b> Isometric wall squat hold 20 secs Air squats 10 reps x 1 set	<b>DAY 12</b> <b>REST</b>	<b>DAY 13</b> Isometric wall squat hold 20 secs F/B lunges 5 each leg alternate x 2	<b>DAY 14</b> Isometric wall squat hold 20 secs Lateral duck walks 6 each way x 2	<b>DAY 15</b> Isometric wall squat hold 20 secs Air squats 10 reps x 2	<b>DAY 16</b> <b>REST</b>	<b>DAY 17</b> Isometric wall squat hold 30 secs F/B lunges 5 each leg alternate x 2	<b>DAY 18</b> Isometric wall squat hold 30 secs Lateral duck walks 6 each way x 2	<b>DAY 19</b> Isometric wall squat hold 30 secs Air squats 10 reps x 2	<b>DAY 20</b> <b>REST</b>
<b>DAY 21</b> Isometric wall squat hold 30 secs F/B lunges 6 each leg alternate x 2	<b>DAY 22</b> Isometric wall squat hold 30 secs Lateral duck walks 7 each way x 2	<b>DAY 23</b> Isometric wall squat hold 30 secs Air squats 10 reps x 2	<b>DAY 24</b> <b>REST</b>	<b>DAY 25</b> Isometric wall squat hold 30 secs F/B lunges 6 each leg alternate x 2	<b>DAY 26</b> Isometric wall squat hold 30 secs Lateral duck walks 7 each way x 2	<b>DAY 27</b> Isometric wall squat hold 30 secs Air squats 12 reps x 2	<b>DAY 28</b> <b>REST</b>	<b>DAY 29</b> Isometric wall squat hold 35 secs F/B lunges 7 each leg alternate x 2	<b>DAY 30</b> Isometric wall squat hold 35 secs Lateral duck walks 8 each way x 2

