

30-Day Glute Challenge

Day 1 60 squats
60 hip thrusts

Day 2 70 squats
70 hip thrusts

Day 3 80 squats
80 hip thrusts

Day 4 25 Bulgarian Split Squats
25 one-leg foot-elevated bridges

Day 5 90 squats
90 hip thrusts

Day 6 100 squats
100 hip thrusts

Day 7 REST

Day 8 30 Bulgarian Split Squats
30 One-leg foot-elevated bridges

Day 9 110 squats
110 hip thrusts

Day 10 120 squats
120 hip thrusts

Day 11 35 Bulgarian Split Squats
35 one-leg foot-elevated bridges

Day 12 130 squats
130 hip thrusts

Day 13 140 squats
140 hip thrusts

Day 14 REST

Day 15 150 squats
150 hip thrusts



160 squats
160 hip thrusts

Day 16 40 Bulgarian Split Squats
40 one-leg foot-elevated bridges

Day 17 170 squats
170 hip thrusts

Day 18 180 squats
180 hip thrusts

Day 19 190 squats
190 hip thrusts

Day 20 REST

Day 21 45 Bulgarian Split Squats
45 One-leg foot-elevated bridges

Day 22 200 squats
200 hip thrusts

Day 23 210 squats
210 hip thrusts

Day 24 220 squats
220 hip thrusts

Day 25 230 squats
230 hip thrusts

Day 26 50 Bulgarian Split Squats
50 one-leg foot-elevated bridges

Day 27 REST

Day 28 240 squats
240 hip thrusts

Day 29 250 squats
250 hip thrusts

Day 30