



TRAIN IT RIGHT'S THE GREAT PUMPKIN BUTT CHALLENGE

THE BEST
VERSION OF
YOU

<p>1</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>2</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>3</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>4</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>5</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg
<p>6</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>7</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>8</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>9</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg	<p>10</p> <input type="checkbox"/> Deadlift x15 <input type="checkbox"/> Squat Jump x10 <input type="checkbox"/> Single Leg Glute Bridge x10 ea. leg
<p>11</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>12</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>13</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>14</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>15</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg
<p>16</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>17</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>18</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>19</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg	<p>20</p> <input type="checkbox"/> Deadlift x 20 <input type="checkbox"/> Squat Jump x20 <input type="checkbox"/> Single Leg Glute Bridge x15 ea. leg
<p>21</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>22</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>23</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>24</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>25</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg
<p>26</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>27</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>28</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>29</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg	<p>30</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg
<p>31</p> <input type="checkbox"/> Deadlift x 25 <input type="checkbox"/> Squat Jump x30 <input type="checkbox"/> Single Leg Glute Bridge x20 ea. leg				

¹ Train it Right is owned and operated by Alicia Bell. Alicia is not a physician or registered dietician. The contents of this calendar should not be taken as medical advice.

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