

30-DAY Hip Dip Challenge

4 Crab Walks 4 Sumo Squats 4 Side Kicks 4 Fire Hydrants 4 Leg Lifts	6 Crab Walks 6 Sumo Squats 6 Side Kicks 6 Fire Hydrants 6 Leg Lifts	8 Crab Walks 8 Sumo Squats 8 Side Kicks 8 Fire Hydrants 8 Leg Lifts	10 Crab Walks 10 Sumo Squats 10 Side Kicks 10 Fire Hydrants 10 Leg Lifts	12 Crab Walks 12 Sumo Squats 12 Side Kicks 12 Fire Hydrants 12 Leg Lifts
14 Crab Walks 14 Sumo Squats 14 Side Kicks 14 Fire Hydrants 14 Leg Lifts	REST DAY!!!	14 Crab Walks 14 Sumo Squats 14 Side Kicks 14 Fire Hydrants 14 Leg Lifts	16 Crab Walks 16 Sumo Squats 16 Side Kicks 16 Fire Hydrants 16 Leg Lifts	16 Crab Walks 16 Sumo Squats 16 Side Kicks 16 Fire Hydrants 16 Leg Lifts
18 Crab Walks 18 Sumo Squats 18 Side Kicks 18 Fire Hydrants 18 Leg Lifts	18 Crab Walks 18 Sumo Squats 18 Side Kicks 18 Fire Hydrants 18 Leg Lifts	20 Crab Walks 20 Sumo Squats 20 Side Kicks 20 Fire Hydrants 20 Leg Lifts	REST DAY!!!	20 Crab Walks 20 Sumo Squats 20 Side Kicks 20 Fire Hydrants 20 Leg Lifts
22 Crab Walks 22 Sumo Squats 22 Side Kicks 22 Fire Hydrants 22 Leg Lifts	24 Crab Walks 24 Sumo Squats 24 Side Kicks 24 Fire Hydrants 24 Leg Lifts	24 Crab Walks 24 Sumo Squats 24 Side Kicks 24 Fire Hydrants 24 Leg Lifts	26 Crab Walks 26 Sumo Squats 26 Side Kicks 26 Fire Hydrants 26 Leg Lifts	26 Crab Walks 26 Sumo Squats 26 Side Kicks 26 Fire Hydrants 26 Leg Lifts
REST DAY!!!	28 Crab Walks 28 Sumo Squats 28 Side Kicks 28 Fire Hydrants 28 Leg Lifts	28 Crab Walks 28 Sumo Squats 28 Side Kicks 28 Fire Hydrants 28 Leg Lifts	30 Crab Walks 30 Sumo Squats 30 Side Kicks 30 Fire Hydrants 30 Leg Lifts	30 Crab Walks 30 Sumo Squats 30 Side Kicks 30 Fire Hydrants 30 Leg Lifts
32 Crab Walks 32 Sumo Squats 32 Side Kicks 32 Fire Hydrants 32 Leg Lifts	32 Crab Walks 32 Sumo Squats 32 Side Kicks 32 Fire Hydrants 32 Leg Lifts	REST DAY!!!	34 Crab Walks 34 Sumo Squats 34 Side Kicks 34 Fire Hydrants 34 Leg Lifts	34 Crab Walks 34 Sumo Squats 34 Side Kicks 34 Fire Hydrants 34 Leg Lifts