

BWLW November Squat and Lunges Challenge

#BWLWNOV

2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank you for joining the @BlackWomenLosingWeight November 2014 Challenge. Be sure to get of this month's Challenge details at www.blackweightlosssuccess.com. Use the official hashtag, #bwlwnov on all social media channels to share with other ladies and keep yourself accountable. Use this plan alone or add it to your current workout.</p>						<p>10 Lunges 10 Squats</p>
2 12 Lunges 12 Squats	3 14 Lunges 14 Squats	4 16 Lunges 15 Squats	5 18 Lunges 16 Squats	6 20 Lunges 17 Squats	7 22 Lunges 18 Squats	8 24 Lunges 19 Squats
9 26 Lunges 20 Squats	10 28 Lunges 24 Squats	11 30 Lunges 26 Squats	12 2 Sets 16 Lunges 14 Squats	13 2 Sets 18 Lunges 15 Squats	14 2 Sets 20 Lunges 16 Squats	15 2 Sets 22 Lunges 17 Squats
16 2 Sets 24 Lunges 18 Squats	17 2 Sets 26 Lunges 20 Squats	18 2 Sets 28 Lunges 22 Squats	19 2 Sets 30 Lunges 24 Squats	20 2 Sets 30 Lunges 26 Squats	21 2 Sets 30 Lunges 28 Squats	22 2 Sets 30 Lunges 30 Squats
23 2 Sets 30 Lunges 32 Squats	24 2 Sets 32 Lunges 34 Squats	25 2 Sets 34 Lunges 36 Squats	26 2 Sets 36 Lunges 38 Squats	27 2 Sets 38 Lunges 40 Squats	28 2 Sets 40 Lunges 42 Squats	29 2 Sets 40 Lunges 44 Squats
30 2 Sets 40 Lunges 50 Squats	<p>Lunges are noted with the total for alternating legs, so 10 Lunges = 5 on each leg. If you need to break the exercises into more sets, that is fine too. Visit us: Instagram: @blackwomenlosingweight Twitter: @blackweightloss Facebook: Black Women Losing Weight</p>					

Exercise Disclaimer: Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. This program is not advised for persons with serious illnesses, those who are pregnant or those with knee problems/past leg or abdominal injuries. Use at your own risk and please consider your fitness level before attempting this plan.