

# 30 day Challenge

足パカ



Let's get started!

♡ Day 1 50 Legs

♡ Day 2 55 Legs

♡ Day 3 60 Legs

♡ Day 4 65 Legs

♡ Day 5 Rest day

♡ Day 6 70 Legs

♡ Day 7 75 Legs

♡ Day 8 80 Legs

♡ Day 9 85 Legs

♡ Day 10 Rest day

♡ Day 11 90 Legs

♡ Day 12 95 Legs

♡ Day 13 100 Legs

♡ Day 14 110 Legs

♡ Day 15 Rest day

♡ Day 14 110 Legs

♡ Day 17 140 Legs

♡ Day 18 150 Legs

♡ Day 19 160 Legs

♡ Day 20 Rest day

♡ Day 21 170 Legs

♡ Day 22 180 Legs

♡ Day 23 190 Legs

♡ Day 24 200 Legs

♡ Day 25 Rest day

♡ Day 26 220 Legs

♡ Day 27 250 Legs

♡ Day 28 270 Legs

♡ Day 29 290 Legs

♡ Day 30 300 Legs