

# THE 30 DAY STRONGER KNEES CHALLENGE

myfitnesspal

Reverse Lunge = **(RL)**  
Hamstring Curls = **(HC)**

Goblet Squat = **(GS)**  
Dumbbell Deadlifts = **(DD)**

## DAY 1

Goblet Squat **(GS)**:  
3 x 5 reps; use  
bodyweight only

Dumbbell Deadlifts **(DD)**:  
3 x 5 reps;  
use lightweight  
dumbbells

10 minutes foam rolling

## DAY 2

15-30 minutes cardio

Remember: A big part of  
this challenge is to  
maintain or lose weight.  
This means you need to  
do cardio: walking,  
biking, rowing,  
cycling, etc.

## DAY 3

**GS**: 3 x 5 reps;  
use lightweight dumbbells

**DD**: 3 x 5 reps;  
use lightweight dumbbells

Stability Ball or TRX  
Hamstring Curls **(HC)**:  
2 x 6 reps

20-30 minutes of walking

10 minutes foam rolling

## DAY 4

10 minutes foam rolling

## DAY 5

30-40 minutes cardio

## DAY 6

**DD**: 3 x 5 reps;  
use heavier weights  
(2.5-5 extra lbs.)

Reverse Lunge **(RL)**:  
2 x 5 reps each leg ;  
use light weights

**HC**: 3 x 8 reps

20-30 minutes cardio

10 minutes foam rolling

## DAY 7

REST

## DAY 8

30-40 minutes cardio

10 minutes foam rolling

## DAY 9

**GS**: 3 x 5 reps;  
use heavier weights  
(2.5-5 extra lbs.)

**DD**: 3 x 5 reps,  
adding 2.5-5 extra lbs.

**HC**: 3 x 8 reps

25-35 minutes cardio

10 minutes foam rolling

## DAY 10

10 minutes foam rolling

## DAY 11

Don't add any weight to the exercises; use same weights (or lighter) as Day 9

**GS:** 3 x 5 reps

**DD:** 3 x 5 reps

**HC:** 2 x 8 reps

20-30 minutes cardio

## DAY 13

**DD:** 3 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**RL:** 2 x 5 reps each leg; add 2.5-5 extra lbs.

**HC:** 4 x 8 reps

35-40 minutes cardio

10 minutes foam rolling

## DAY 15

**GS:** 3 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**DD:** 3 x 5 reps; add 2.5-5 extra lbs.

**HC:** 4 x 10 reps

35-40 minutes cardio

## DAY 18

40-50 minutes cardio  
10 minutes foam rolling

## DAY 19

20-30 minutes cardio

## DAY 20

**DD:** 4 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**RL:** 3 x 5 reps on each leg; add 2.5-5 extra lbs.

**HC:** 4 x 8 reps

40-45 minutes cardio

## DAY 12

REST

## DAY 14

10 minutes foam rolling

20-30 minutes cardio

## DAY 16

10 minutes foam rolling

## DAY 17

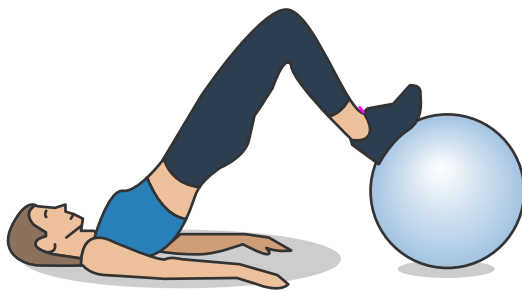
Don't add any weight; use the same weights (or lighter) as day 15

**GS:** 3 x 5 reps

**DD:** 3 x 5 reps

**HC:** 3 x 8 reps

20-30 minutes cardio



## DAY 21

REST

## DAY 24

Don't add weight to the exercises; use the same weights (or lighter) as day 22

**GS:** 3 x 5 reps

**DD:** 3 x 5 reps

**HC:** 3 x 8 reps

20-30 minutes cardio

## DAY 26

25-30 minutes cardio

10 minutes foam rolling

## DAY 27

**DD:** 5 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**RL:** 3 x 5 reps on each leg; add 2.5-5 extra lbs.

**HC:** 5 x 8 reps

45 minutes cardio

## DAY 29

30-40 minutes cardio

10 minutes foam rolling

## DAY 30

Congrats, you made it!

**GS:** 4 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**DD:** 3x 5 reps; add 2.5-5 extra lbs.

**HC:** 4 x 10 reps

50 minutes cardio

## DAY 22

**GS:** 4 x 5 reps; use heavier weights (2.5-5 extra lbs.)

**DD:** 3 x 5 reps; add 2.5-5 extra lbs.

**HC:** 4 x 10 reps

45 minutes cardio

## DAY 25

45-55 minutes cardio

5-8 minutes foam rolling

## DAY 23

10 minutes foam rolling

## DAY 28

REST