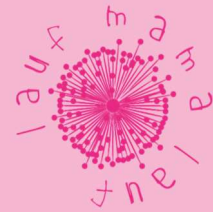


# 30 Tage Brazilian Butt-Challenge



## Rio Grande Brücke



<b>1</b> 5 Ipanema Squats 5 Rio Grande Brücken 5 Copacabana Lunges	<b>2</b> 6 Ipanema Squats 6 Rio Grande Brücken 6 Copacabana Lunges	<b>3</b> 7 Ipanema Squats 7 Rio Grande Brücken 7 Copacabana Lunges	<b>4</b> 8 Ipanema Squats 8 Rio Grande Brücken 8 Copacabana Lunges	<b>5</b> 9 Ipanema Squats 9 Rio Grande Brücken 9 Copacabana Lunges	<b>6</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges
<b>7</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 5 Rio Kreuz-Lifts	<b>8</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 6 Rio Kreuz-Lifts	<b>9</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 7 Rio Kreuz-Lifts	<b>10</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 8 Rio Kreuz-Lifts	<b>11</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 9 Rio Kreuz-Lifts	<b>12</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts
<b>13</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 5 Brazilian Single Butt Lifts	<b>14</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 6 Brazilian Single Butt Lifts	<b>15</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 7 Brazilian Single Butt Lifts	<b>16</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 8 Brazilian Single Butt Lifts	<b>17</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 9 Brazilian Single Butt Lifts	<b>18</b> 10 Ipanema Squats 10 Rio Grande Brücken 10 Copacabana Lunges 10 Rio Kreuz-Lifts 10 Brazilian Single Butt Lifts
<b>19</b> 11 Ipanema Squats 11 Rio Grande Brücken 11 Copacabana Lunges 11 Rio Kreuz-Lifts 11 Brazilian Single Butt Lifts	<b>20</b> 12 Ipanema Squats 12 Rio Grande Brücken 12 Copacabana Lunges 12 Rio Kreuz-Lifts 12 Brazilian Single Butt Lifts	<b>21</b> 13 Ipanema Squats 13 Rio Grande Brücken 13 Copacabana Lunges 13 Rio Kreuz-Lifts 13 Brazilian Single Butt Lifts	<b>22</b> 14 Ipanema Squats 14 Rio Grande Brücken 14 Copacabana Lunges 14 Rio Kreuz-Lifts 14 Brazilian Single Butt Lifts	<b>23</b> 15 Ipanema Squats 15 Rio Grande Brücken 15 Copacabana Lunges 15 Rio Kreuz-Lifts 15 Brazilian Single Butt Lifts	<b>24</b> 16 Ipanema Squats 16 Rio Grande Brücken 16 Copacabana Lunges 16 Rio Kreuz-Lifts 16 Brazilian Single Butt Lifts
<b>25</b> 17 Ipanema Squats 17 Rio Grande Brücken 17 Copacabana Lunges 17 Rio Kreuz-Lifts 17 Brazilian Single Butt Lifts	<b>26</b> 18 Ipanema Squats 18 Rio Grande Brücken 18 Copacabana Lunges 18 Rio Kreuz-Lifts 18 Brazilian Single Butt Lifts	<b>27</b> 19 Ipanema Squats 19 Rio Grande Brücken 19 Copacabana Lunges 19 Rio Kreuz-Lifts 19 Brazilian Single Butt Lifts	<b>28</b> 20 Ipanema Squats 20 Rio Grande Brücken 20 Copacabana Lunges 20 Rio Kreuz-Lifts 20 Brazilian Single Butt Lifts	<b>29</b> 21 Ipanema Squats 21 Rio Grande Brücken 21 Copacabana Lunges 21 Rio Kreuz-Lifts 21 Brazilian Single Butt Lifts	<b>30</b> 22 Ipanema Squats 22 Rio Grande Brücken 22 Copacabana Lunges 22 Rio Kreuz-Lifts 22 Brazilian Single Butt Lifts

## Rio Kreuzlift



## Brazilian Single Butt Lift

