

Fitness Domme

30 Day HIIT Challenge



Louise Payn

1 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	2 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	3 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	4 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	5 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	6 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation
7 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	8 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	9 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	10 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	11 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	12 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation
13 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	14 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	15 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	16 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	17 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	18 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation
19 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	20 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	21 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	22 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	23 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	24 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation
25 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	26 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	27 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	28 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	29 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation	30 10 Burpees 20 Ab Crunches 5 mins 30 sec rest no masturbation