

Fitness Domme

30 Day Full Body Fit Challenge



1 Edge 3 x 2 mins 10 Push Ups 20 Squats 30 Ab Crunches 40 Jumping Jacks 1 round 30 sec rest	2 no masturbation 10 Push Ups 20 Lunges 30 Sit Ups 40 Jumping Jacks 1 round 30 sec rest	3 Edge 2 x 3 mins 10 Push Ups 20 Steps Ups 30 sec plank 40 sec high knees 1 round 30 sec rest	4 no masturbation 20 Push Ups 30 Squats 40 Ab Crunches 50 Jumping Jacks 1 round 30 sec rest	5 Edge 4 x 2 mins 20 Push Ups 30 Lunges 40 Sit Ups 5 mins 30 sec rest	6 Masturbate to completion ACTIVE REST DAY Walk 1 mile
7 no masturbation 25 Push Ups 30 Step Ups 40 sec plank 50 sec jumping jacks 1 round 30 sec rest	8 Edge 4 x 2 mins 25 Push Ups 40 Squats 50 Ab Crunches 60 sec jumping jacks 1 round 30 sec rest	9 no masturbation 30 Push Ups 40 Lunges 50 Ab Crunches 60 sec jumping jacks 1 round 30 sec rest	10 Edge 2 x 4 mins 35 Push Ups 40 Step Ups 50 sec plank 60 sec high knees 1 round 30 sec rest	11 no masturbation ACTIVE REST DAY Walk 1 mile	12 Masturbate to completion 20 Push Ups 25 Squats 30 Ab Crunches 40 Jumping Jacks 2 rnds 30 sec rest
13 No masturbation 25 Push Ups 20 Lunges 30 Ab Crunches 2 rnds 30 sec rest	14 Edge 5 x 1 mins 25 Push Ups 25 Step Ups 45 Sec plank 2 rnds 30 sec rest	15 Masturbate to completion ACTIVE REST DAY Walk 1 mile	16 No masturbation 30 Push Ups 25 Squats 30 Ab Crunches 2 rnds 30 sec rest	17 No masturbation 30 Push Ups 25 Lunges 30 Sit Ups 2 rnds 30 sec rest	18 Edge 5 x 1.5 mins 30 Push Ups 25 Step Ups 45 Sec Plan 2 rnds 30 sec rest
19 Edge 4 x 2 mins 30 Push Ups 20 Squats 30 Ab Crunches 2 rnds 30 sec rest	20 No masturbation 30 Push Ups 20 Lunges 30 Ab Crunches 35 Sec Jumping Jack 2 rnds 30 sec rest	21 Masturbate to completion ACTIVE REST DAY Walk 1 mile	22 No masturbation 15 Push Ups 20 Lunges 30 Ab Crunches 3 rnds 30 sec rest	23 Edge 2 x 3 mins 20 Push Ups 20 Step Ups 20 Ab Crunches 20 sec Jumping Jack 3 rnds 30 sec rest	24 No masturbation 20 Push Ups 15 Lunges 20 Ab Crunches 3 rnds 30 sec rest
25 No masturbation 20 Push Ups 20 Squats 30 Ab Crunches 3 rnds 30 sec rest	26 Edge 5 x 1 min ACTIVE REST DAY Walk 1 mile	27 No masturbation 15 Push Ups 15 Lunges 25 Ab Crunches 4 rnds 30 sec rest	28 Edge 1 x 5 mins 15 Push Ups 15 Step Ups 25 Ab Crunches 20 Sec Jumping Jack 4 rnds 30 sec rest	29 No masturbation 15 Push Ups 15 Lunges 15 Ab Crunches 4 rnds 30 sec rest	30 Masturbate to completion 20 Push Ups 20 Lunges 30 Sec Plank 4 rnds 30 sec rest

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