

Fitness Domme

30 Day Booty Challenge



SQUAT	DONKEY KICK	LEG LIFT	LUNGE	GLUTE BRIDGE	
					
1 no masturbation	2 Edging 1 x 1 min	3 Edging 2 x 1 min	4 Edging 3 x 1 min	5 No masturbation	6 Masturbate to cum
Each exercise x 10 2 sets 30 sec rest	Each exercise x 12 2 sets 30 sec rest	Each exercise x 14 2 sets 30 sec rest	Each exercise x 10 3 sets 30 sec rest	Each exercise x 14 2 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest
7 no masturbation	8 Edging 3 x 1 min	9 Edging 2 x 1 min	10 Edging 1 x 1 min	11 no masturbation	12 Masturbate to cum
Each exercise x 10 3 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest	Each exercise x 14 3 sets 30 sec rest	Each exercise x 10 4 sets 30 sec rest	Each exercise x 14 3 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest
13 no masturbation	14 Edging 1 x 2 min	15 Edging 2 x 2 min	16 Edging 3 x 2 min	17 no masturbation	18 Masturbate to cum
Each exercise x 10 4 sets 30 sec rest	Each exercise x 12 4 sets 30 sec rest	Each exercise x 14 4 sets 30 sec rest	Each exercise x 10 5 sets 30 sec rest	Each exercise x 14 3 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest
19 no masturbation	20 Edging 1 x 3 min	21 Edging 2 x 3 min	22 Edging 3 x 3 min	23 no masturbation	24 Masturbate to cum
Each exercise x 10 5 sets 30 sec rest	Each exercise x 12 5 sets 30 sec rest	Each exercise x 14 5 sets 30 sec rest	Each exercise x 10 6 sets 30 sec rest	Each exercise x 14 3 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest
25 no masturbation	26 Edging 2 x 3 min	27 Edging 3 x 2 min	28 Edging 1 x 3 min	29 no masturbation	30 Masturbate to cum
Each exercise x 10 6 sets 30 sec rest	Each exercise x 12 6 sets 30 sec rest	Each exercise x 14 6 sets 30 sec rest	Each exercise x 10 6 sets 30 sec rest	Each exercise x 14 3 sets 30 sec rest	Each exercise x 12 3 sets 30 sec rest

Louise Payn