

# Fitness Domme

## 30 Day Legs Challenge



<b>1</b> no masturbation  60 seconds lunges 2 sets   30 sec rest	<b>2</b> no masturbation  12 Calf raises 3 sets   30 sec rest	<b>3</b> no masturbation  60 seconds lunges 2 sets   30 sec rest	<b>4</b> no masturbation  12 Calf raises 3 sets   30 sec rest	<b>5</b> Edge 4 x 2 mins  60 seconds lunges 2 sets   30 sec rest	<b>6</b> Masturbate to cum  <b>ACTIVE REST DAY</b> Walk 1 mile
<b>7</b> no masturbation  12 Calf raises 3 sets   30 sec rest	<b>8</b> Edge 4 x 2 mins  60 seconds lunges 2 sets   30 sec rest	<b>9</b> no masturbation  14 Calf raises 3 sets   30 sec rest	<b>10</b> Edge 2 x 4 mins  60 seconds lunges 2 sets   30 sec rest	<b>11</b> no masturbation  <b>ACTIVE REST DAY</b> Walk 1 mile	<b>12</b> Masturbate to cum  14 Calf raises 3 sets   30 sec rest
<b>13</b> No masturbation  60 seconds lunges 2 sets   30 sec rest	<b>14</b> Edge 5 x 1 mins  4 Calf raises 3 sets   30 sec rest	<b>15</b> Masturbate to completion  60 seconds lunges 2 sets   30 sec rest	<b>16</b> No masturbation  <b>ACTIVE REST DAY</b> Walk 2 miles	<b>17</b> No masturbation  4 Calf raises 3 sets   30 sec rest	<b>18</b> Edge 5 x 1.5 mins  60 seconds lunges 2 sets   30 sec rest
<b>19</b> Edge 4 x 2 mins  4 Calf raises 3 sets   30 sec rest	<b>20</b> No masturbation  60 seconds lunges 2 sets   30 sec rest	<b>21</b> Masturbate to cum  <b>ACTIVE REST DAY</b> Walk 1 mile	<b>22</b> No masturbation  4 Calf raises 3 sets   30 sec rest	<b>23</b> Edge 2 x 3 mins  60 seconds lunges 2 sets   30 sec rest	<b>24</b> No masturbation  4 Calf raises 3 sets   30 sec rest
<b>25</b> No masturbation  60 seconds lunges 2 sets   30 sec rest	<b>26</b> Edge 5 x 1 min  <b>ACTIVE REST DAY</b> Walk 2 miles	<b>27</b> No masturbation  4 Calf raises 3 sets   30 sec rest	<b>28</b> Edge 1 x 5 mins  60 seconds lunges 2 sets   30 sec rest	<b>29</b> No masturbation  4 Calf raises 3 sets   30 sec rest	<b>30</b> Masturbate to cum  60 seconds lunges 2 sets   30 sec rest

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