

Bodyweight Strength Training

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Synopsis

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You™re stuck at home....

You™ve lost your workout motivation....

You™ve hit a plateau....

Or you™re just looking for your next challenge.

The 300-lunges-a-day 30-day challenge has what you™re looking for.

Whether you can currently manage five lunges or more than 50, there is a place for you in this program.

What you can expect:

- The program to be tough but manageable
- To stack on muscle on your glutes, hamstrings, and quads
- Bust through any plateau to hit your new squat max
- To see progress in other areas of your physical physique/ability
- Your maximum consecutive lunge rep count to increase significant
- A program to meet you exactly where you are with your current lunge max
- Workouts that can be completed anywhere including in your home
- Needing zero equipment: just your body, grit, and determination
- To feel transformed after just 30 days

The 300-lunges-a-day challenge is here to take your fitness to the next level if you™re willing to accept the challenge.

Don™t wait to challenge yourself.

Don™t wait to feel ready.

Start today and become ready.

Your new you is just 30 days away.

Accept the challenge.

Reader's comments

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