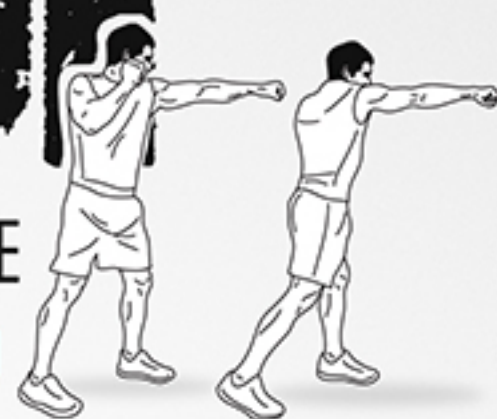


warrior

arms

30-DAY CHALLENGE

@ darebee.com



1 12 shoulder taps 10-count plank hold 5 sets no rest	2 1 min punches 1 min rest 5 sets	3 12 shoulder taps 10-count plank hold 5 sets no rest	4 1 min punches 1 min rest 5 sets	5 12 shoulder taps 10-count plank hold 5 sets no rest
6 1 min punches 1 min rest 5 sets	7 14 shoulder taps 10-count plank hold 5 sets no rest	8 1 min punches 1 min rest 5 sets	9 14 shoulder taps 10-count plank hold 5 sets no rest	10 1 min punches 1 min rest 5 sets
11 14 shoulder taps 10-count plank hold 5 sets no rest	12 1 min punches 1 min rest 5 sets	13 16 shoulder taps 10-count plank hold 5 sets no rest	14 1 min punches 1 min rest 5 sets	15 16 shoulder taps 10-count plank hold 5 sets no rest
16 1 min punches 1 min rest 5 sets	17 16 shoulder taps 10-count plank hold 5 sets no rest	18 1 min punches 1 min rest 5 sets	19 18 shoulder taps 10-count plank hold 5 sets no rest	20 1 min punches 1 min rest 5 sets
21 18 shoulder taps 10-count plank hold 5 sets no rest	22 1 min punches 1 min rest 5 sets	23 18 shoulder taps 10-count plank hold 5 sets no rest	24 1 min punches 1 min rest 5 sets	25 20 shoulder taps 10-count plank hold 5 sets no rest
26 1 min punches 1 min rest 5 sets	27 20 shoulder taps 10-count plank hold 5 sets no rest	28 1 min punches 1 min rest 5 sets	29 20 shoulder taps 10-count plank hold 5 sets no rest	30 1 min punches 1 min rest 5 sets