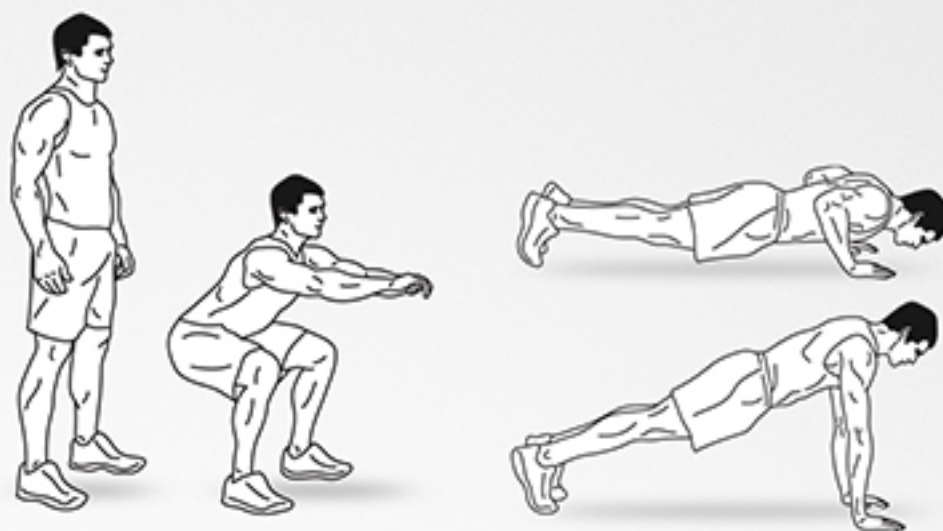


POWER HOLD



— 30-DAY CHALLENGE —

@ darebee.com

1	10 squats 10-count squat hold 3 sets 30sec rest	2	max push-ups 10-count plank hold 3 sets 30sec rest	3	11 squats 10-count squat hold 3 sets 30sec rest	4	max push-ups 10-count plank hold 3 sets 30sec rest	5	12 squats 10-count squat hold 3 sets 30sec rest
6	max push-ups 10-count plank hold 3 sets 30sec rest	7	13 squats 10-count squat hold 3 sets 30sec rest	8	max push-ups 10-count plank hold 3 sets 30sec rest	9	14 squats 10-count squat hold 3 sets 30sec rest	10	max push-ups 10-count plank hold 3 sets 30sec rest
11	15 squats 10-count squat hold 3 sets 30sec rest	12	max push-ups 10-count plank hold 3 sets 30sec rest	13	16 squats 10-count squat hold 3 sets 30sec rest	14	max push-ups 10-count plank hold 3 sets 30sec rest	15	17 squats 10-count squat hold 3 sets 30sec rest
16	max push-ups 10-count plank hold 3 sets 30sec rest	17	18 squats 10-count squat hold 3 sets 30sec rest	18	max push-ups 10-count plank hold 3 sets 30sec rest	19	19 squats 10-count squat hold 3 sets 30sec rest	20	max push-ups 10-count plank hold 3 sets 30sec rest
21	20 squats 10-count squat hold 3 sets 30sec rest	22	max push-ups 10-count plank hold 3 sets 30sec rest	23	21 squats 10-count squat hold 3 sets 30sec rest	24	max push-ups 10-count plank hold 3 sets 30sec rest	25	22 squats 10-count squat hold 3 sets 30sec rest
26	max push-ups 10-count plank hold 3 sets 30sec rest	27	23 squats 10-count squat hold 3 sets 30sec rest	28	max push-ups 10-count plank hold 3 sets 30sec rest	29	24 squats 10-count squat hold 3 sets 30sec rest	30	max push-ups 10-count plank hold 3 sets 30sec rest