

# arms & abs



— 30-DAY CHALLENGE —

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1 6 sit-up punches 5 sets   30sec rest	2 16 shoulder taps 5 sets   30sec rest	3 6 sit-up punches 5 sets   30sec rest	4 16 shoulder taps 5 sets   30sec rest	5 8 sit-up punches 5 sets   30sec rest
6 18 shoulder taps 5 sets   30sec rest	7 8 sit-up punches 5 sets   30sec rest	8 18 shoulder taps 5 sets   30sec rest	9 10 sit-up punches 5 sets   30sec rest	10 20 shoulder taps 5 sets   30sec rest
11 10 sit-up punches 5 sets   30sec rest	12 20 shoulder taps 5 sets   30sec rest	13 12 sit-up punches 5 sets   30sec rest	14 22 shoulder taps 5 sets   30sec rest	15 12 sit-up punches 5 sets   30sec rest
16 22 shoulder taps 5 sets   30sec rest	17 14 sit-up punches 5 sets   30sec rest	18 24 shoulder taps 5 sets   30sec rest	19 14 sit-up punches 5 sets   30sec rest	20 24 shoulder taps 5 sets   30sec rest
21 16 sit-up punches 5 sets   30sec rest	22 26 shoulder taps 5 sets   30sec rest	23 16 sit-up punches 5 sets   30sec rest	24 26 shoulder taps 5 sets   30sec rest	25 18 sit-up punches 5 sets   30sec rest
26 28 shoulder taps 5 sets   30sec rest	27 18 sit-up punches 5 sets   30sec rest	28 28 shoulder taps 5 sets   30sec rest	29 20 sit-up punches 5 sets   30sec rest	30 30 shoulder taps 5 sets   30sec rest