

arms & abs

— 30-DAY CHALLENGE —



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