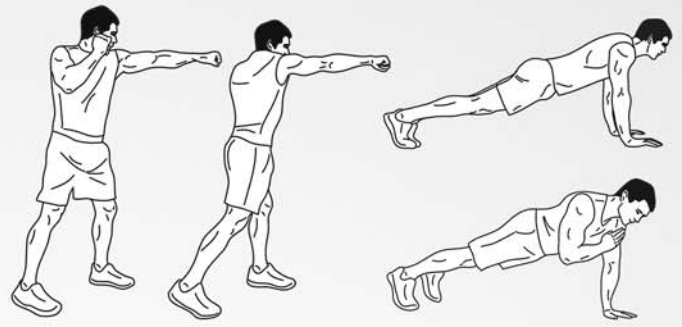


arms *of* steel



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