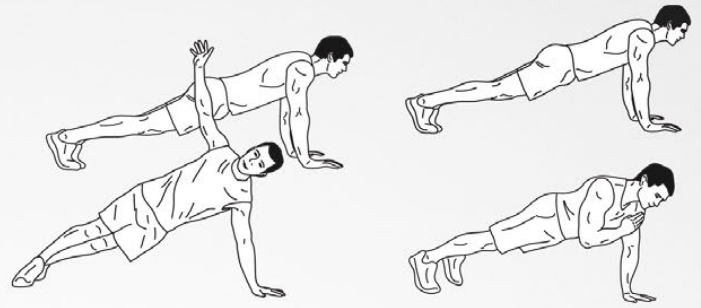


back & arms

30-DAY CHALLENGE



darebee.com

1 12 plank rotations 30sec rest 3 sets	2 6 plank rotations 12 shoulder taps 30sec rest 3 sets	3 12 plank rotations 30sec rest 3 sets	4 6 plank rotations 12 shoulder taps 30sec rest 3 sets	5 14 plank rotations 30sec rest 3 sets
6 8 plank rotations 16 shoulder taps 30sec rest 3 sets	7 14 plank rotations 30sec rest 3 sets	8 8 plank rotations 16 shoulder taps 30sec rest 3 sets	9 16 plank rotations 30sec rest 3 sets	10 10 plank rotations 20 shoulder taps 30sec rest 3 sets
11 16 plank rotations 30sec rest 3 sets	12 10 plank rotations 20 shoulder taps 30sec rest 3 sets	13 18 plank rotations 30sec rest 3 sets	14 12 plank rotations 24 shoulder taps 30sec rest 3 sets	15 18 plank rotations 30sec rest 3 sets
16 12 plank rotations 24 shoulder taps 30sec rest 3 sets	17 20 plank rotations 30sec rest 3 sets	18 14 plank rotations 28 shoulder taps 30sec rest 3 sets	19 20 plank rotations 30sec rest 3 sets	20 14 plank rotations 28 shoulder taps 30sec rest 3 sets
21 22 plank rotations 30sec rest 3 sets	22 16 plank rotations 32 shoulder taps 30sec rest 3 sets	23 22 plank rotations 30sec rest 3 sets	24 16 plank rotations 32 shoulder taps 30sec rest 3 sets	25 24 plank rotations 30sec rest 3 sets
26 18 plank rotations 36 shoulder taps 30sec rest 3 sets	27 24 plank rotations 30sec rest 3 sets	28 18 plank rotations 36 shoulder taps 30sec rest 3 sets	29 26 plank rotations 30sec rest 3 sets	30 20 plank rotations 40 shoulder taps 30sec rest 3 sets