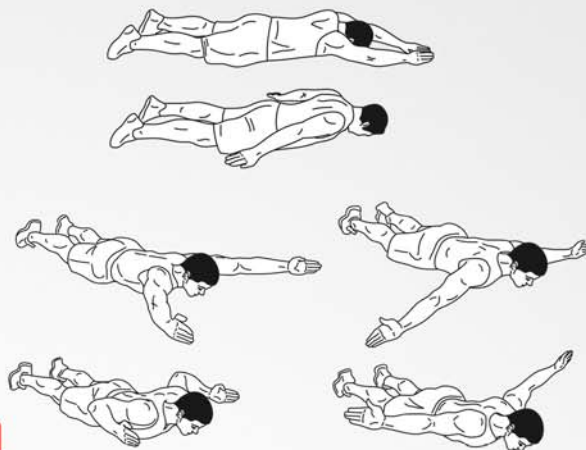


back & shoulders

30-DAY CHALLENGE @ darebee.com



1 12 reverse angels 30sec rest 3 sets	2 6 W-extensions 6 prone reverse flys 30sec rest 3 sets	3 12 reverse angels 30sec rest 3 sets	4 6 W-extensions 6 prone reverse flys 30sec rest 3 sets	5 14 reverse angels 30sec rest 3 sets
6 8 W-extensions 8 prone reverse flys 30sec rest 3 sets	7 14 reverse angels 30sec rest 3 sets	8 8 W-extensions 8 prone reverse flys 30sec rest 3 sets	9 16 reverse angels 30sec rest 3 sets	10 10 W-extensions 10 prone reverse flys 30sec rest 3 sets
11 16 reverse angels 30sec rest 3 sets	12 10 W-extensions 10 prone reverse flys 30sec rest 3 sets	13 18 reverse angels 30sec rest 3 sets	14 12 W-extensions 12 prone reverse flys 30sec rest 3 sets	15 18 reverse angels 30sec rest 3 sets
16 12 W-extensions 12 prone reverse flys 30sec rest 3 sets	17 20 reverse angels 30sec rest 3 sets	18 14 W-extensions 14 prone reverse flys 30sec rest 3 sets	19 20 reverse angels 30sec rest 3 sets	20 14 W-extensions 14 prone reverse flys 30sec rest 3 sets
21 22 reverse angels 30sec rest 3 sets	22 16 W-extensions 16 prone reverse flys 30sec rest 3 sets	23 22 reverse angels 30sec rest 3 sets	24 16 W-extensions 16 prone reverse flys 30sec rest 3 sets	25 24 reverse angels 30sec rest 3 sets
26 18 W-extensions 18 prone reverse flys 30sec rest 3 sets	27 24 reverse angels 30sec rest 3 sets	28 18 W-extensions 18 prone reverse flys 30sec rest 3 sets	29 26 reverse angels 30sec rest 3 sets	30 20 W-extensions 20 prone reverse flys 30sec rest 3 sets