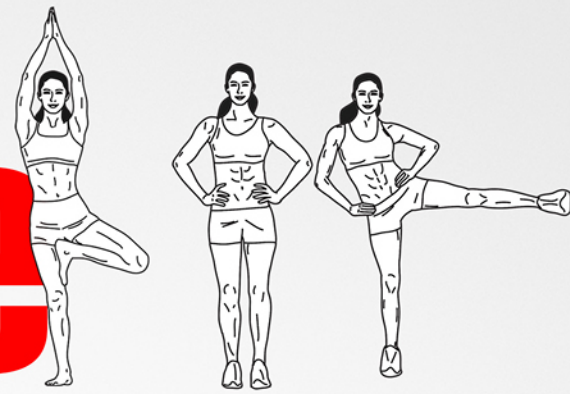


balance



30-DAY CHALLENGE

balance hold time is a total,
change legs halfway through

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1 3 minutes in one go balance hold	2 80 side leg raises throughout the day	3 4 minutes in total balance hold	4 80 side leg raises 40/40 in one go	5 4 minutes in one go balance hold
6 100 side leg raises throughout the day	7 5 minutes in total balance hold	8 100 side leg raises 50/50 in one go	9 5 minutes in one go balance hold	10 120 side leg raises throughout the day
11 6 minutes in total balance hold	12 120 side leg raises 60/60 in one go	13 6 minutes in one go balance hold	14 140 side leg raises throughout the day	15 7 minutes in total balance hold
16 140 side leg raises 70/70 in one go	17 7 minutes in one go balance hold	18 160 side leg raises throughout the day	19 8 minutes in total balance hold	20 160 side leg raises 80/80 in one go
21 8 minutes in one go balance hold	22 180 side leg raises throughout the day	23 9 minutes in total balance hold	24 180 side leg raises 90/90 in one go	25 9 minutes in one go balance hold
26 200 side leg raises throughout the day	27 10 minutes in total balance hold	28 200 side leg raises 100/100 in one go	29 10 minutes in one go balance hold	30 2 min hold followed up by 200 side leg raises