

CHAIR ROWS

30-DAY CHALLENGE



1 to failure 3 sets 30 seconds rest	2 10 seconds flex hang hold 2 sets 30 seconds rest	3 to failure 3 sets 30 seconds rest	4 10 seconds flex hang hold 2 sets 30 seconds rest	5 to failure 3 sets 30 seconds rest
6 10 seconds flex hang hold 2 sets 30 seconds rest	7 to failure 3 sets 30 seconds rest	8 15 seconds flex hang hold 2 sets 30 seconds rest	9 to failure 3 sets 30 seconds rest	10 15 seconds flex hang hold 2 sets 30 seconds rest
11 to failure 3 sets 30 seconds rest	12 15 seconds flex hang hold 2 sets 30 seconds rest	13 to failure 3 sets 30 seconds rest	14 20 seconds flex hang hold 2 sets 30 seconds rest	15 to failure 3 sets 30 seconds rest
16 20 seconds flex hang hold 2 sets 30 seconds rest	17 to failure 3 sets 30 seconds rest	18 20 seconds flex hang hold 2 sets 30 seconds rest	19 to failure 3 sets 30 seconds rest	20 25 seconds flex hang hold 2 sets 30 seconds rest
21 to failure 3 sets 30 seconds rest	22 25 seconds flex hang hold 2 sets 30 seconds rest	23 to failure 3 sets 30 seconds rest	24 25 seconds flex hang hold 2 sets 30 seconds rest	25 to failure 3 sets 30 seconds rest
26 30 seconds flex hang hold 2 sets 30 seconds rest	27 to failure 3 sets 30 seconds rest	28 30 seconds flex hang hold 2 sets 30 seconds rest	29 to failure 3 sets 30 seconds rest	30 30 seconds flex hang hold 2 sets 30 seconds rest