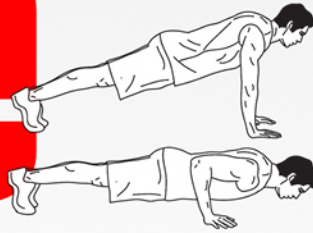


# core



30-DAY CHALLENGE

split total reps  
into manageable sets

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1 6 push-ups 15 second plank 10 plank reaches	2 10 push-ups 15 second plank 12 plank reaches	3 12 push-ups 15 second plank 14 plank reaches	4 60 second plank 10 plank reaches	5 14 push-ups 15 second plank 16 plank reaches
6 16 push-ups 20 second plank 18 plank reaches	7 20 push-ups 20 second plank 20 plank reaches	8 60 second plank 10 plank reaches	9 22 push-ups 20 second plank 22 plank reaches	10 24 push-ups 20 second plank 24 plank reaches
11 26 push-ups 25 second plank 26 plank reaches	12 60 second plank 10 plank reaches	13 28 push-ups 25 second plank 28 plank reaches	14 30 push-ups 25 second plank 30 plank reaches	15 32 push-ups 25 second plank 32 plank reaches
16 60 second plank 10 plank reaches	17 34 push-ups 30 second plank 34 plank reaches	18 36 push-ups 30 second plank 36 plank reaches	19 38 push-ups 30 second plank 38 plank reaches	20 60 second plank 10 plank reaches
21 40 push-ups 35 second plank 40 plank reaches	22 42 push-ups 35 second plank 42 plank reaches	23 46 push-ups 35 second plank 44 plank reaches	24 60 second plank 10 plank reaches	25 48 push-ups 35 second plank 46 plank reaches
26 50 push-ups 40 second plank 48 plank reaches	27 52 push-ups 40 second plank 50 plank reaches	28 60 second plank 10 plank reaches	29 54 push-ups 45 second plank 52 plank reaches	30 60 push-ups 45 second plank 60 plank reaches