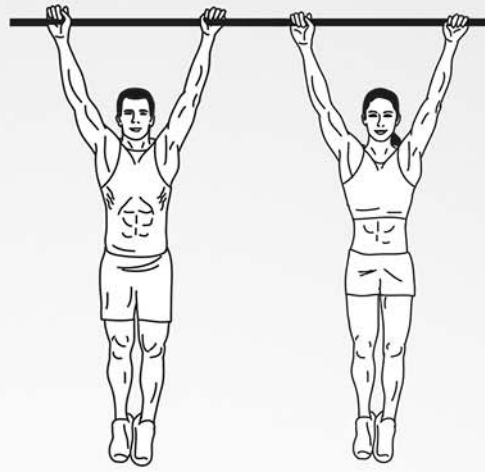


DEAD HANG

30-DAY CHALLENGE



darebee.com

1 10 seconds 2 sets 30 seconds rest	2 20 seconds	3 10 seconds 2 sets 30 seconds rest	4 25 seconds	5 10 seconds 2 sets 30 seconds rest
6 30 seconds	7 10 seconds 2 sets 30 seconds rest	8 35 seconds	9 10 seconds 2 sets 30 seconds rest	10 40 seconds
11 10 seconds 2 sets 30 seconds rest	12 45 seconds	13 10 seconds 2 sets 30 seconds rest	14 50 seconds	15 10 seconds 2 sets 30 seconds rest
16 55 seconds	17 10 seconds 2 sets 30 seconds rest	18 60 seconds	19 10 seconds 2 sets 30 seconds rest	20 1min 10sec
21 10 seconds 2 sets 30 seconds rest	22 1min 20sec	23 10 seconds 2 sets 30 seconds rest	24 1min 30sec	25 10 seconds 2 sets 30 seconds rest
26 1min 40sec	27 10 seconds 2 sets 30 seconds rest	28 1min 50sec	29 10 seconds 2 sets 30 seconds rest	30 2 minutes