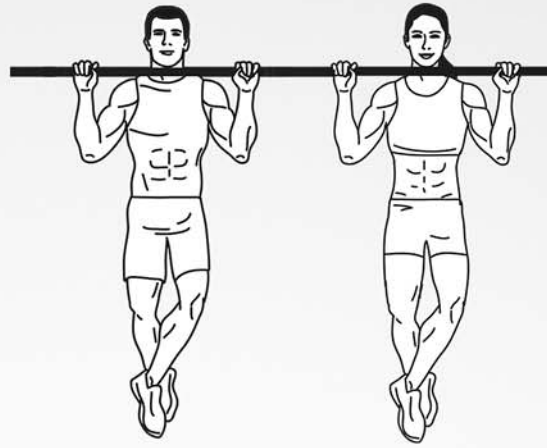


FLEX HANG

30-DAY CHALLENGE



darebee.com

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