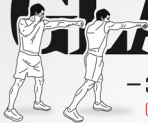


GLADIATOR



— 30-DAY CHALLENGE —

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1 40 punches 3 sets 30sec rest	2 40 seconds one-arm plank in one go	3 10 lunges 3 sets 30sec rest	4 40 punches 4 sets 30sec rest	5 40 seconds one-arm plank in one go
6 10 lunges 4 sets 30sec rest	7 60 punches 3 sets 30sec rest	8 1 minute one-arm plank in one go	9 14 lunges 3 sets 30sec rest	10 60 punches 4 sets 30sec rest
11 1 minute one-arm plank in one go	12 14 lunges 4 sets 30sec rest	13 80 punches 3 sets 30sec rest	14 1min 20sec one-arm plank in one go	15 18 lunges 3 sets 30sec rest
16 80 punches 4 sets 30sec rest	17 1min 20sec one-arm plank in one go	18 18 lunges 4 sets 30sec rest	19 100 punches 3 sets 30sec rest	20 1min 40sec one-arm plank in one go
21 20 lunges 3 sets 30sec rest	22 100 punches 4 sets 30sec rest	23 1min 40sec one-arm plank in one go	24 20 lunges 4 sets 30sec rest	25 120 punches 3 sets 30sec rest
26 2 minutes one-arm plank in one go	27 22 lunges 3 sets 30sec rest	28 120 punches 4 sets 30sec rest	29 2 minutes one-arm plank in one go	30 22 lunges 4 sets 30sec rest