

# posture

— 30-DAY CHALLENGE —



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1 10 side bends repeat twice morning & evening	2 20 chest expansions 3 sets in total throughout the day	3 12 side bends repeat twice morning & evening	4 22 chest expansions 3 sets in total throughout the day	5 14 side bends repeat twice morning & evening
6 24 chest expansions 3 sets in total throughout the day	7 16 side bends repeat twice morning & evening	8 26 chest expansions 3 sets in total throughout the day	9 20 side bends repeat twice morning & evening	10 30 chest expansions 3 sets in total throughout the day
11 22 side bends repeat twice morning & evening	12 32 chest expansions 3 sets in total throughout the day	13 24 side bends repeat twice morning & evening	14 34 chest expansions 3 sets in total throughout the day	15 26 side bends repeat twice morning & evening
16 36 chest expansions 3 sets in total throughout the day	17 30 side bends repeat twice morning & evening	18 40 chest expansions 3 sets in total throughout the day	19 32 side bends repeat twice morning & evening	20 42 chest expansions 3 sets in total throughout the day
21 34 side bends repeat twice morning & evening	22 44 chest expansions 3 sets in total throughout the day	23 36 side bends repeat twice morning & evening	24 46 chest expansions 3 sets in total throughout the day	25 40 side bends repeat twice morning & evening
26 50 chest expansions 3 sets in total throughout the day	27 42 side bends repeat twice morning & evening	28 52 chest expansions 3 sets in total throughout the day	29 44 side bends repeat twice morning & evening	30 54 chest expansions 3 sets in total throughout the day