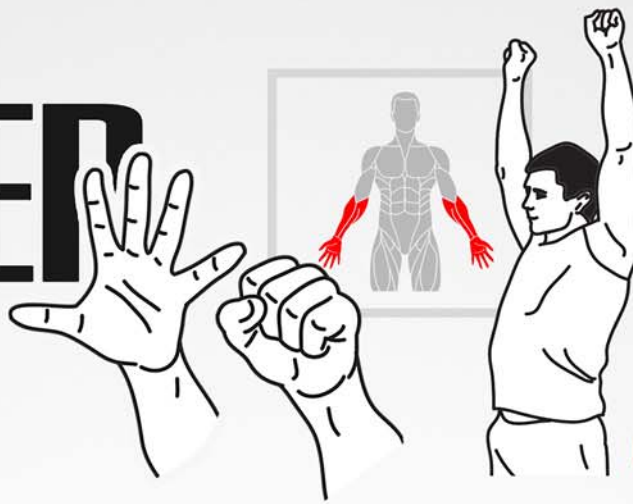


POWER GRIP



30-day challenge

@ darebee.com

1 40 seconds clench / unclench	2 40 seconds overhead flex hold	3 50 seconds clench / unclench	4 50 seconds overhead flex hold	5 60 seconds clench / unclench
6 60 seconds overhead flex hold	7 1min 10sec clench / unclench	8 1min 10sec overhead flex hold	9 1min 20sec clench / unclench	10 1min 20sec overhead flex hold
11 1min 30sec clench / unclench	12 1min 30sec overhead flex hold	13 1min 40sec clench / unclench	14 1min 40sec overhead flex hold	15 1min 50sec clench / unclench
16 1min 50sec overhead flex hold	17 2 minutes clench / unclench	18 2 minutes overhead flex hold	19 2min 10sec clench / unclench	20 2min 10sec overhead flex hold
21 2min 20sec clench / unclench	22 2min 20sec overhead flex hold	23 2min 30sec clench / unclench	24 2min 30sec overhead flex hold	25 2min 40sec clench / unclench
26 2min 40sec overhead flex hold	27 2min 50sec clench / unclench	28 2min 50sec overhead flex hold	29 3 minutes clench / unclench	30 3 minutes overhead flex hold