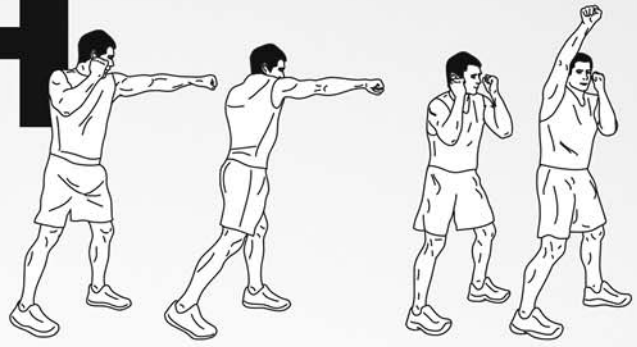


# PUNCH OUT!



30-DAY CHALLENGE

1 80 punches	2 80 overhead punches	3 120 punches	4 120 overhead punches	5 140 punches
6 140 overhead punches	7 160 punches	8 160 overhead punches	9 200 punches	10 200 overhead punches
11 240 punches	12 240 overhead punches	13 260 punches	14 260 overhead punches	15 300 punches
16 300 overhead punches	17 340 punches	18 340 overhead punches	19 380 punches	20 380 overhead punches
21 400 punches	22 400 overhead punches	23 420 punches	24 420 overhead punches	25 460 punches
26 460 overhead punches	27 480 punches	28 480 overhead punches	29 500 punches	30 500 overhead punches