

RECOMP



30-DAY CHALLENGE @ darebee.com

1 10 squats 6+ push-ups 3 sets 30sec rest	2 30sec burpees basic, no push-up 3 sets 30sec rest	3 30 squats 30 push-ups in total	4 30sec burpees basic, no push-up 10-count plank hold 3 sets 30sec rest	5 EMOM 10 minutes 5 push-ups 5 squats 5 basic burpees
6 5+ burpees 3 sets 30sec rest	7 30sec plank hold 30sec rest 3 sets	8 15 squats 7+ push-ups 3 sets 30sec rest	9 30sec burpees basic, no push-up 3 sets 30sec rest	10 35 squats 35 push-ups in total
11 30sec burpees basic, no push-up 10-count plank hold 3 sets 30sec rest	12 EMOM 10 minutes 6 push-ups 6 squats 6 basic burpees	13 6+ burpees 3 sets 30sec rest	14 30sec plank hold 30sec rest 3 sets	15 20 squats 8+ push-ups 3 sets 30sec rest
16 30sec burpees basic, no push-up 3 sets 30sec rest	17 40 squats 40 push-ups in total	18 30sec burpees basic, no push-up 10-count plank hold 3 sets 30sec rest	19 EMOM 10 minutes 7 push-ups 7 squats 7 basic burpees	20 7+ burpees 3 sets 30sec rest
21 30sec plank hold 30sec rest 3 sets	22 25 squats 9+ push-ups 3 sets 30sec rest	23 30sec burpees basic, no push-up 3 sets 30sec rest	24 45 squats 45 push-ups in total	25 30sec burpees basic, no push-up 10-count plank hold 3 sets 30sec rest
26 EMOM 10 minutes 8 push-ups 8 squats 8 basic burpees	27 8+ burpees 3 sets 30sec rest	28 30sec plank hold 30sec rest 3 sets	29 30 squats 10+ push-ups 3 sets 30sec rest	30 30sec burpees basic, no push-up 3 sets 30sec rest