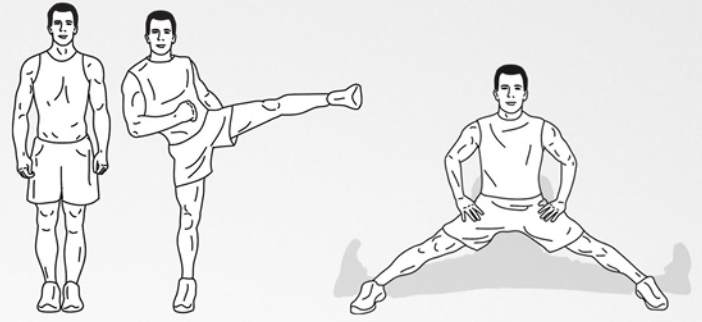


splits



30-DAY CHALLENGE

split total reps
into manageable sets

@ darebee.com

1 40 leg raises 40sec side splits	2 60 leg raises 1min side splits	3 80 leg raises 1min20sec side splits	4 100 leg raises 1min40sec side splits	5 120 leg raises 2min side splits
6 140 leg raises 2min20sec side splits	7 160 leg raises 2min40sec side splits	8 180 leg raises 3min side splits	9 200 leg raises 3min20sec side splits	10 220 leg raises 3min40sec side splits
11 240 leg raises 4min side splits	12 260 leg raises 4min20sec side splits	13 280 leg raises 4min40sec side splits	14 300 leg raises 5min side splits	15 320 leg raises 5min20sec side splits
16 340 leg raises 5min40sec side splits	17 360 leg raises 6min side splits	18 380 leg raises 6min20sec side splits	19 400 leg raises 6min40sec side splits	20 420 leg raises 7min side splits
21 440 leg raises 7min20sec side splits	22 460 leg raises 7min40sec side splits	23 480 leg raises 8min side splits	24 500 leg raises 8min20sec side splits	25 520 leg raises 8min40sec side splits
26 540 leg raises 9min side splits	27 560 leg raises 9min20sec side splits	28 580 leg raises 9min30sec side splits	29 600 leg raises 9min40sec side splits	30 620 leg raises 10min side splits