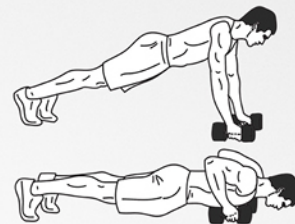
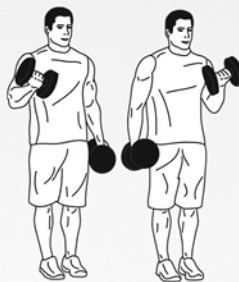


upper body+



30-DAY CHALLENGE

@ darebee.com

1 6 bicep curls 6 push-ups 3 sets 2 min rest	2 40 chest expansions in total for the day	3 6 bicep curls 6 push-ups 4 sets 2 min rest	4 44 chest expansions in total for the day	5 6 bicep curls 6 push-ups 5 sets 2 min rest
6 48 chest expansions in total for the day	7 8 bicep curls 8 push-ups 3 sets 2 min rest	8 50 chest expansions in total for the day	9 8 bicep curls 8 push-ups 4 sets 2 min rest	10 52 chest expansions in total for the day
11 8 bicep curls 8 push-ups 5 sets 2 min rest	12 54 chest expansions in total for the day	13 10 bicep curls 10 push-ups 3 sets 2 min rest	14 56 chest expansions in total for the day	15 10 bicep curls 10 push-ups 4 sets 2 min rest
16 60 chest expansions in total for the day	17 10 bicep curls 10 push-ups 5 sets 2 min rest	18 64 chest expansions in total for the day	19 12 bicep curls 12 push-ups 3 sets 2 min rest	20 68 chest expansions in total for the day
21 12 bicep curls 12 push-ups 4 sets 2 min rest	22 72 chest expansions in total for the day	23 12 bicep curls 12 push-ups 5 sets 2 min rest	24 76 chest expansions in total for the day	25 14 bicep curls 14 push-ups 3 sets 2 min rest
26 80 chest expansions in total for the day	27 14 bicep curls 14 push-ups 4 sets 2 min rest	28 84 chest expansions in total for the day	29 14 bicep curls 14 push-ups 5 sets 2 min rest	30 88 chest expansions in total for the day