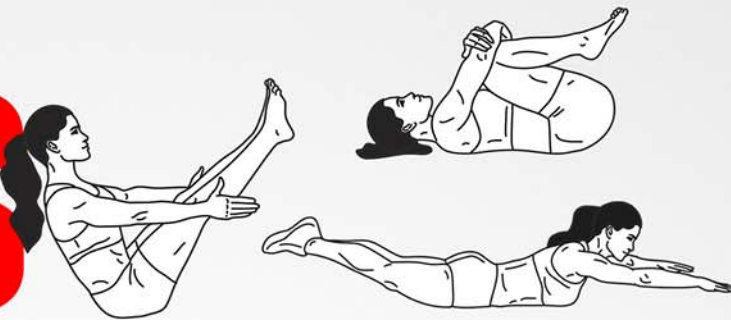


yoga

abs



30-DAY CHALLENGE

darebee.com

1 20sec boat pose 20sec knee hug 3 sets	2 20sec superman 20sec rest 3 sets	3 20sec boat pose 20sec knee hug 3 sets	4 20sec superman 20sec rest 3 sets	5 25sec boat pose 25sec knee hug 3 sets
6 25sec superman 25sec rest 3 sets	7 25sec boat pose 25sec knee hug 3 sets	8 25sec superman 25sec rest 3 sets	9 30sec boat pose 30sec knee hug 3 sets	10 30sec superman 30sec rest 3 sets
11 30sec boat pose 30sec knee hug 3 sets	12 30sec superman 30sec rest 3 sets	13 35sec boat pose 35sec knee hug 3 sets	14 35sec superman 35sec rest 3 sets	15 35sec boat pose 35sec knee hug 3 sets
16 35sec superman 35sec rest 3 sets	17 40sec boat pose 40sec knee hug 3 sets	18 40sec superman 40sec rest 3 sets	19 40sec boat pose 40sec knee hug 3 sets	20 40sec superman 40sec rest 3 sets
21 45sec boat pose 45sec knee hug 3 sets	22 45sec superman 45sec rest 3 sets	23 45sec boat pose 45sec knee hug 3 sets	24 45sec superman 45sec rest 3 sets	25 50sec boat pose 50sec knee hug 3 sets
26 50sec superman 50sec rest 3 sets	27 50sec boat pose 50sec knee hug 3 sets	28 50sec superman 50sec rest 3 sets	29 60sec boat pose 60sec knee hug 3 sets	30 60sec superman 60sec rest 3 sets